



## Iowa Community Health Snapshot Series

*275 community reports prepared for the Iowa State University  
Extension and Outreach Community and Economic  
Development Unit*



*May 2024*

*By Matthew Voss & Shawn Dorius*

---

*This project was supported by funding from Iowa State University's Extension and Outreach Community and Economic Development Unit via an award from Iowa State University's Presidential Strategic Initiative Plan 2022-2031.*

# Iowa Community Health Snapshot Series

## Table of contents

<b>Health in Lenox: Overview</b>	<b>3</b>
Strengths . . . . .	3
Opportunities . . . . .	4
How to Use this Report . . . . .	5
Using Ames, IA as an Example . . . . .	6
<b>Health Status</b>	<b>7</b>
Poor General Health . . . . .	7
Poor Physical Health . . . . .	8
Poor Mental Health . . . . .	8
<b>Health Risk Behaviors</b>	<b>9</b>
Binge Drinking . . . . .	9
Current Smoking . . . . .	10
Physical Inactivity . . . . .	10
Sleep <7 hours . . . . .	11
<b>Health Outcomes</b>	<b>12</b>
Arthritis . . . . .	12
High Blood Pressure . . . . .	13
Cancer (except skin) . . . . .	13
Current Asthma . . . . .	14
Coronary Heart Disease . . . . .	14
COPD . . . . .	15
Depression . . . . .	15
Diabetes . . . . .	16
High Cholesterol . . . . .	16
Chronic Kidney Disease . . . . .	17
Obesity . . . . .	17
Stroke . . . . .	18
All Teeth Lost . . . . .	18
<b>Prevention</b>	<b>19</b>
Lack of Health Insurance . . . . .	19
Taking BP Medication . . . . .	20
Cervical Cancer Screening . . . . .	20
Annual Checkup . . . . .	21
Cholesterol Screening . . . . .	21

---

Colorectal Cancer Screening . . . . .	22
Core preventive services for older men . . . . .	22
Core preventive services for older women . . . . .	24
Dental Visit . . . . .	24
Mammography . . . . .	26
<b>Disability</b>	<b>27</b>
Hearing disability . . . . .	27
Vision disability . . . . .	28
Cognitive disability . . . . .	28
Mobility disability . . . . .	29
Self-care disability . . . . .	29
Independent living disability . . . . .	30
Any disability . . . . .	30
<b>Appendix 1: CDC PLACES Data</b>	<b>31</b>
<b>Appendix 2: Lenox PLACES Data</b>	<b>32</b>
<b>Appendix 3: Small Communities (1,000-2,499)</b>	<b>34</b>

# Health in Lenox: Overview

Dear Community Members & Stakeholders of Lenox,

We are pleased to share the Iowa Community Health Snapshot series, a set of reports designed in partnership with Iowa State University's Community Economic Development to assess the overall landscape of health and well-being across Iowa. The following pages include the health snapshot for your community. The snapshot can be used to see how Lenox ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Lenox's strengths and opportunities for growth by leveraging the Centers for Disease Control and Prevention PLACES dataset.

The report includes 37 health measures organized topically by general health status, risky behavior, health outcomes, prevention, and disability. We provide a general overview of each health topic, followed by a description of each health measure. Health measure descriptions include crude and age-adjusted rates and a ranking that tells you how your community ranks compared to all Iowa communities and communities of similar size to Lenox. Crude rates tell you the raw, un-adjusted percent of the population experiencing the health measure. Age-adjusted rates account for the age distribution present in your community and presents what the rate would be if your community had a standard age distribution. Crude rates can provide a general comparison between communities and age-adjusted rates can give a fairer comparison between communities with different age structures.

## Strengths

Take a look at the top strengths of your community! Below are unadjusted and age-adjusted health measures that represent your community's strengths. We recommend using continued investment in these areas to maintain them as strengths, as well as building on them to improve in other health domains.

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Small Community Rank	Health Domain	Statewide Community Rank	Small Community Rank
Binge Drinking	110th	19th	Cancer (except skin)	16th	2nd
Taking BP Medication	216th	44th	Binge Drinking	68th	5th
Depression	284th	46th	Taking BP Medication	206th	30th
Annual Checkup	291st	57th	Depression	368th	56th
Obesity	635th	104th	Annual Checkup	468th	76th

# Opportunities

Below are health measures that represent potential areas for growth in your community. We recommend increasing investment in these areas to support community health and well-being.

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Small Community Rank	Health Domain	Statewide Community Rank	Small Community Rank
Any Disability	947th	138th	Health Insurance	892nd	137th
Physical Inactivity	947th	138th	Physical Inactivity	892nd	138th
Vision Disability	946th	138th	All Teeth Lost	888th	138th
All Teeth Lost	946th	138th	General Health	887th	138th
Health Insurance	944th	137th	Colorectal Cancer Screening	886th	138th

Please review the rest of the report to learn more about your community and reach out to us with questions about the report or for recommendations to improve the overall health and well-being in Lenox.

Sincerely,



Shawn F. Dorius, PhD  
Iowa State University  
Public Science Collaborative



IOWA STATE UNIVERSITY  
Extension and Outreach  
Community and Economic Development

This project was supported by funding from Iowa State University’s Extension and Outreach Community and Economic Development Unit, via an award from Iowa State University’s Presidential Strategic Initiative Plan 2022-2031.

---

## How to Use this Report

The purpose of the Iowa Community Health Snapshot Series is to provide an overview of health in Lenox that can be used to help inform health-related interventions and programming. This report contains five sections, including the overall health status of Lenox, a review of risky behaviors in the community, and information on various health outcomes, prevention measures, and disability needs. Each section includes an overview of the health domain, a breakdown of its underlying health measures, and data to see how Lenox compares to the rest of the state and similarly-sized communities.

With a population of 1,488, Lenox’s similarly sized communities are defined as small communities. In Iowa, small communities have an average population of 1,553, and there are 138 communities that are considered small communities. To see all of the communities in this population group, please see Appendix 3 of this report.

Group	Population Range	Number of Communities
Large	50,000+	11
Mid-Large	10,000-49,999	31
Midsized	2,500-9,999	102
Small	1,000-2,499	138
Very Small	0-999	676
Total		958

Using Ames, IA as an Example

The graphic below is an example of the details included for each health measure. The table in the upper right shows your community’s crude and age-adjusted rate estimates alongside their averages across all Iowa communities and similarly-sized communities. The images below show the distribution of the health measure across communities. The vertical lines correspond with the values in the table to show the estimate for the specific community compared to communities across the state. The solid black line in each plot represents the community rate, with the dashed lines indicating the average rate for all Iowa communities and the dotted lines showing the average rate for similarly-sized communities.



# Health Status

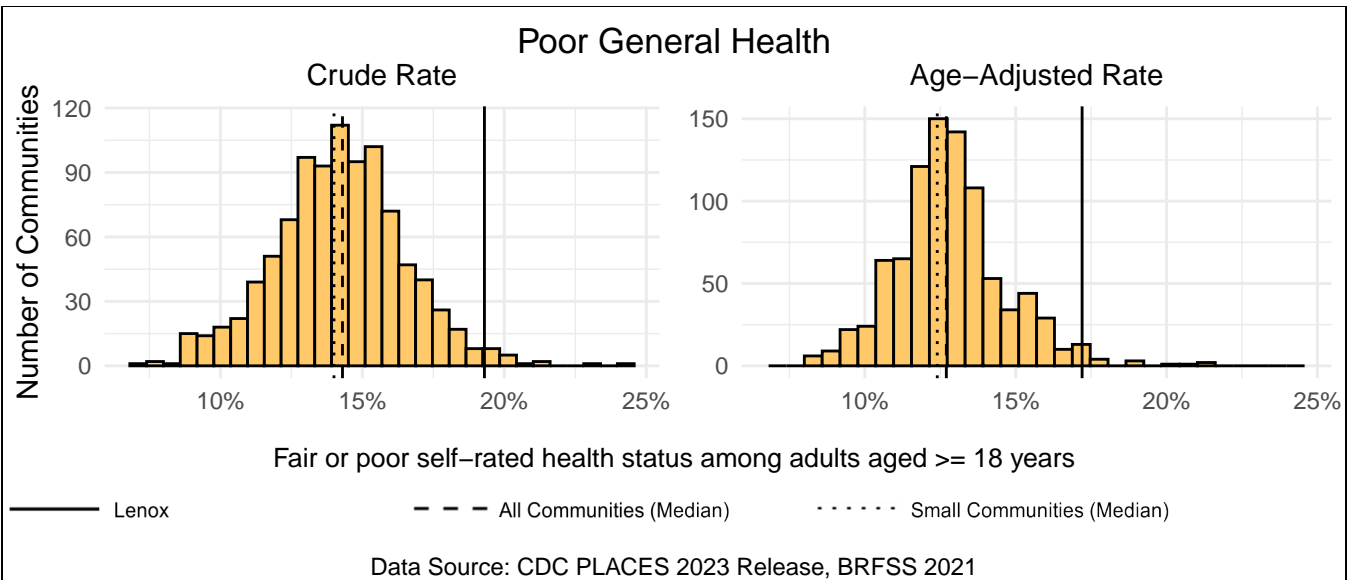
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health is evaluated on a 5-point scale where respondents can report their health status as one of “excellent,” “very good,” “good,” “fair,” or “poor,” from which the respondents who answer “fair” or “poor” are included in the measure. Physical and mental health are evaluated as the rate of respondents who say they have had 14 or more days in the last 30 days in which their physical or mental health was not good. The URL below includes more information about each variable.

<https://www.cdc.gov/places/measure-definitions/health-status/index.html>

## Poor General Health

Lenox has a crude rate of 19.3% for fair or poor self-rated health status among adults aged  $\geq 18$  years, which ranks 941st out of 958 Iowa communities (138th out of 138 small communities). The age-adjusted rate for Lenox is 17.2%, which ranks 887th out of 905 Iowa communities (138th out of 138 small communities).

Measure Type	Lenox	All Comm.	Small Comm.
Crude	19.3%	14.3%	14.0%
Age-Adjusted	17.2%	12.7%	12.4%

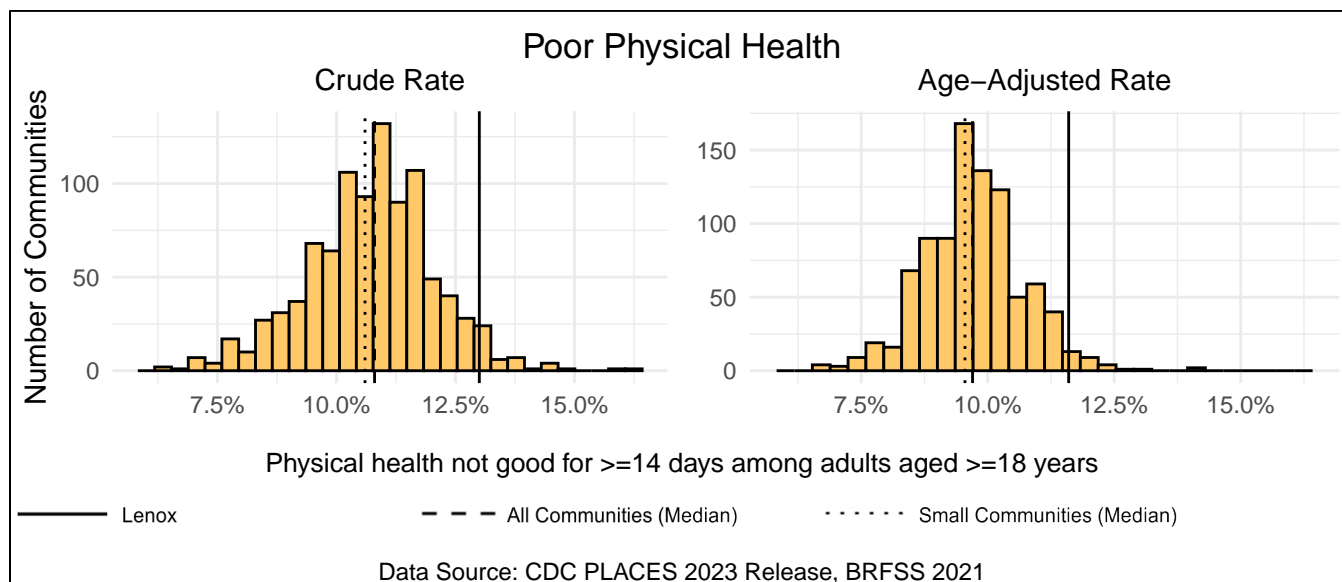




## Poor Physical Health

Lenox has a crude rate of 13.0% for physical health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 921st out of 958 Iowa communities (136th out of 138 small communities). The age-adjusted rate for Lenox is 11.6%, which ranks 880th out of 905 Iowa communities (138th out of 138 small communities).

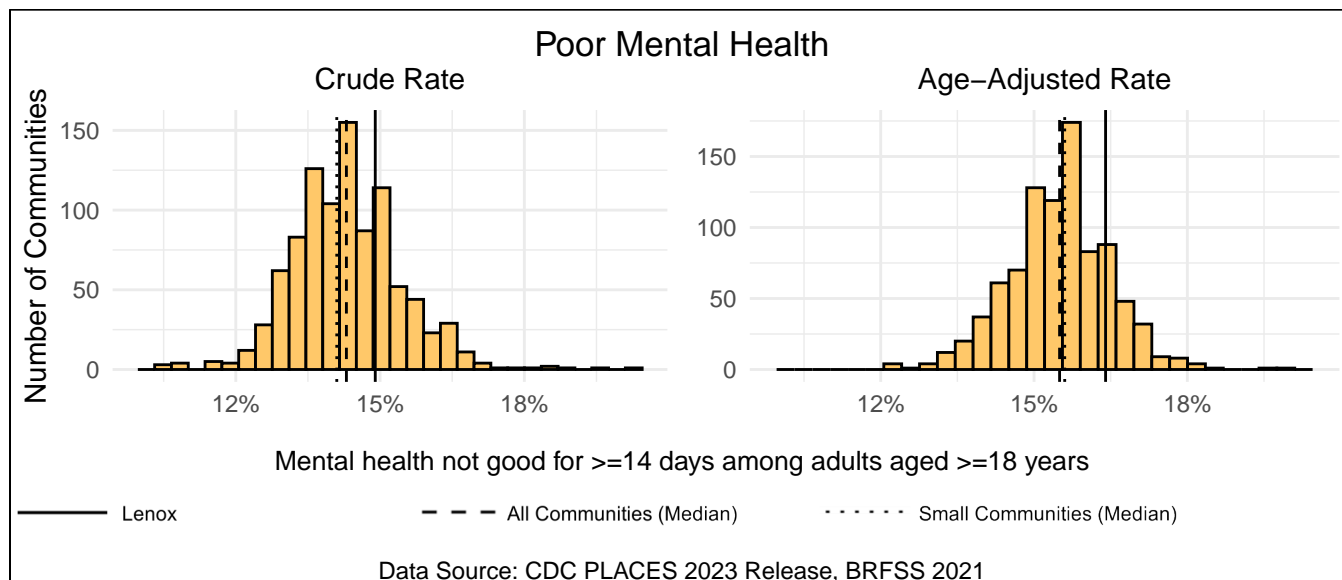
Measure Type	Lenox	All Comm.	Small Comm.
Crude	13.0%	10.8%	10.6%
Age-Adjusted	11.6%	9.7%	9.6%



## Poor Mental Health

Lenox has a crude rate of 14.9% for mental health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 674th out of 958 Iowa communities (114th out of 138 small communities). The age-adjusted rate for Lenox is 16.4%, which ranks 744th out of 905 Iowa communities (121st out of 138 small communities).

Measure Type	Lenox	All Comm.	Small Comm.
Crude	14.9%	14.3%	14.1%
Age-Adjusted	16.4%	15.5%	15.6%



# Health Risk Behaviors

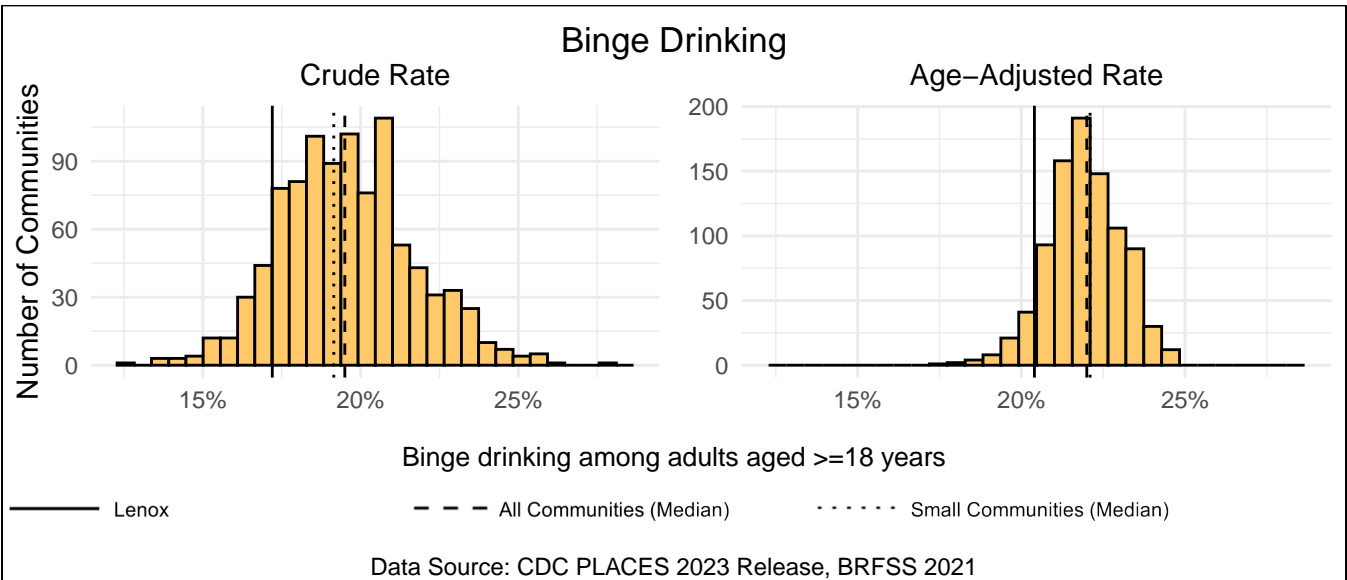
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives and drastically improve health outcomes later in life. Each measure is calculated as the rate of respondents participating in a high level of risk behavior. The exact cutoff points for the behavior depend on the health area. The link below includes more information about each variable.

<https://www.cdc.gov/places/measure-definitions/unhealthy-behaviors/index.html>

## Binge Drinking

Lenox has a crude rate of 17.2% for binge drinking among adults aged  $\geq 18$  years, which ranks 110th out of 958 Iowa communities (19th out of 138 small communities). The age-adjusted rate for Lenox is 20.4%, which ranks 68th out of 905 Iowa communities (5th out of 138 small communities).

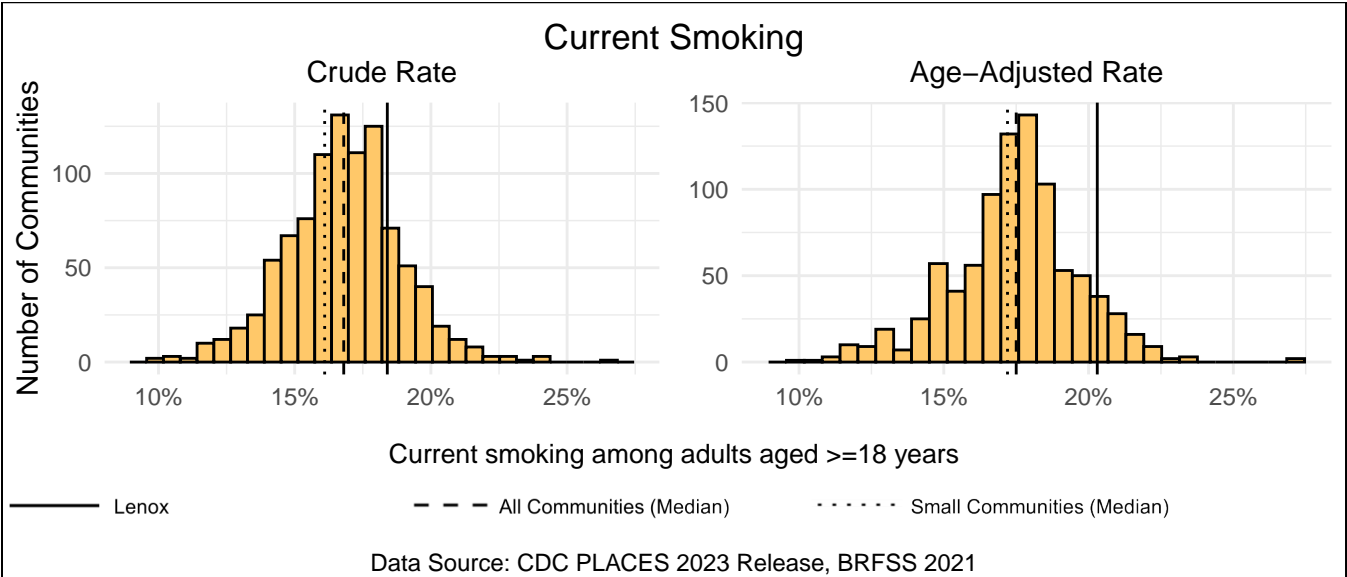
Measure Type	Lenox	All Comm.	Small Comm.
Crude	17.2%	19.5%	19.1%
Age-Adjusted	20.4%	22.0%	22.1%



# Current Smoking

Lenox has a crude rate of 18.4% for current smoking among adults aged  $\geq 18$  years, which ranks 759th out of 958 Iowa communities (126th out of 138 small communities). The age-adjusted rate for Lenox is 20.3%, which ranks 822nd out of 905 Iowa communities (132nd out of 138 small communities).

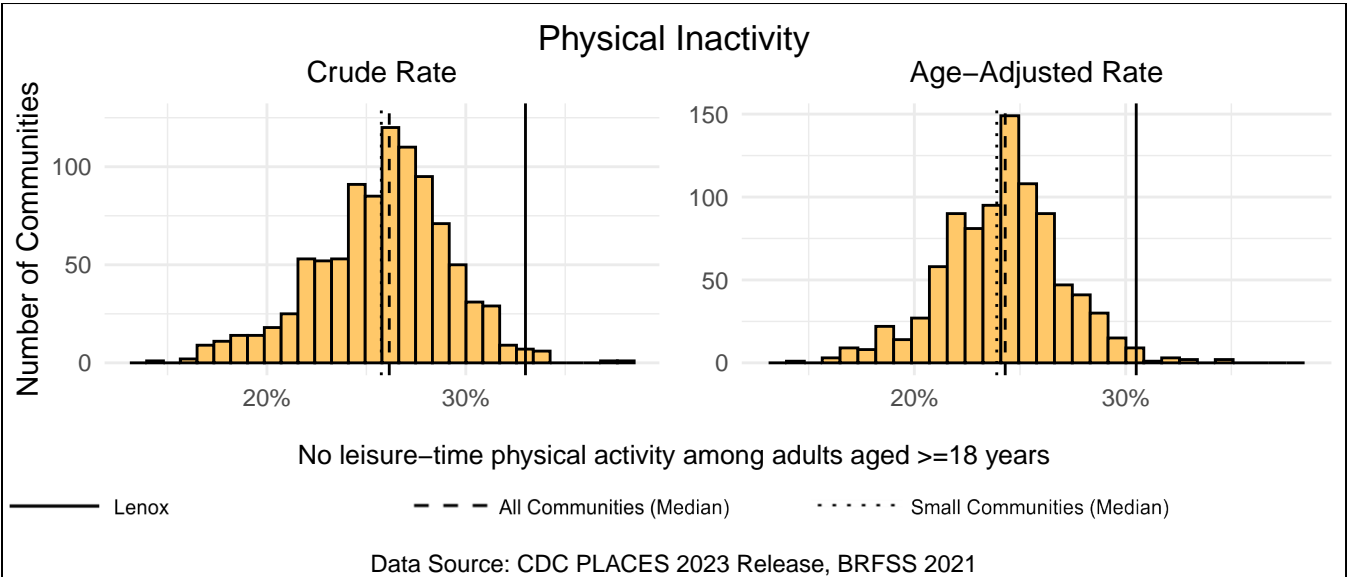
Measure Type	Lenox	All Comm.	Small Comm.
Crude	18.4%	16.8%	16.1%
Age-Adjusted	20.3%	17.5%	17.2%



# Physical Inactivity

Lenox has a crude rate of 33.0% for no leisure-time physical activity among adults aged  $\geq 18$  years, which ranks 947th out of 958 Iowa communities (138th out of 138 small communities). The age-adjusted rate for Lenox is 30.5%, which ranks 892nd out of 905 Iowa communities (138th out of 138 small communities).

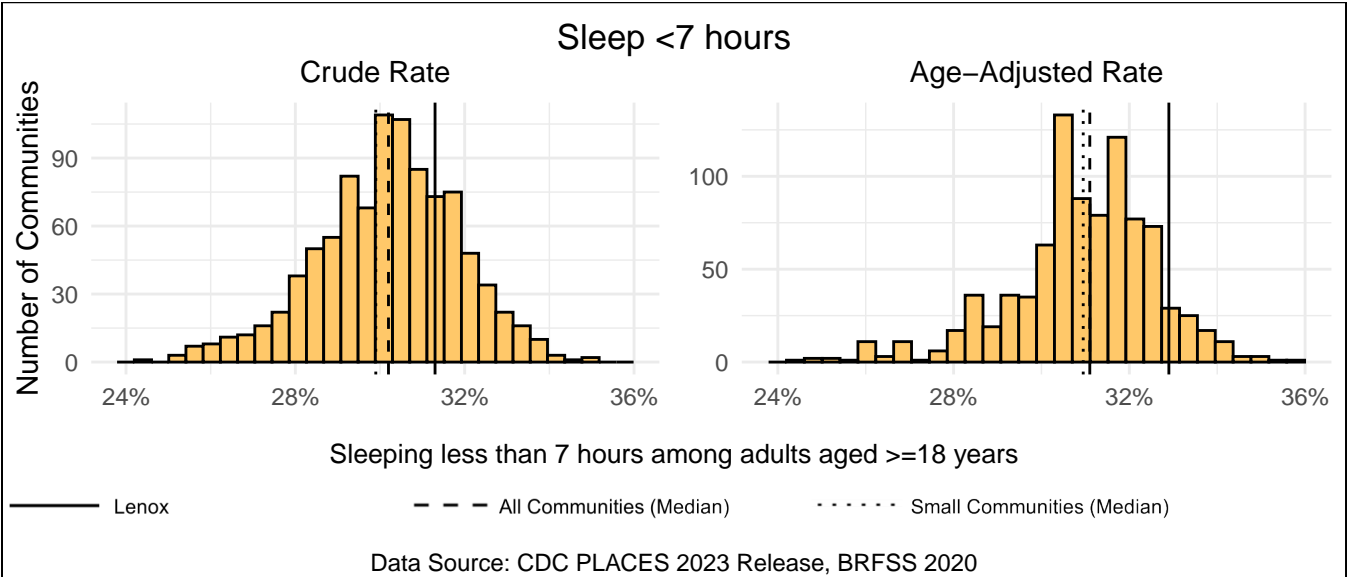
Measure Type	Lenox	All Comm.	Small Comm.
Crude	33.0%	26.1%	25.8%
Age-Adjusted	30.5%	24.3%	23.9%



# Sleep <7 hours

Lenox has a crude rate of 31.3% for sleeping less than 7 hours among adults aged  $\geq 18$  years, which ranks 690th out of 958 Iowa communities (109th out of 138 small communities). The age-adjusted rate for Lenox is 32.9%, which ranks 826th out of 905 Iowa communities (130th out of 138 small communities).

Measure Type	Lenox	All Comm.	Small Comm.
Crude	31.3%	30.2%	29.9%
Age-Adjusted	32.9%	31.1%	31.0%



# Health Outcomes

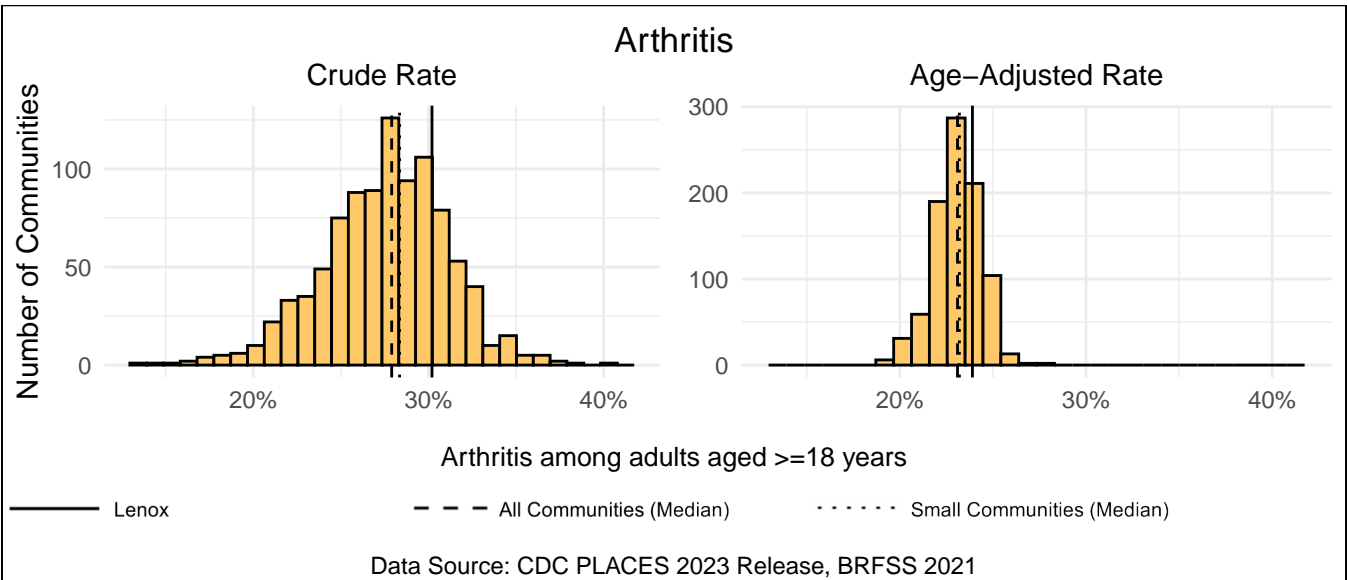
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage of respondents reporting receiving the diagnosis by a doctor, nurse, or other health professional. The link below includes more information about each variable.

<https://www.cdc.gov/places/measure-definitions/health-outcomes/index.html>

## Arthritis

Lenox has a crude rate of 30.2% for arthritis among adults aged  $\geq 18$  years, which ranks 732nd out of 958 Iowa communities (97th out of 138 small communities). The age-adjusted rate for Lenox is 23.9%, which ranks 652nd out of 905 Iowa communities (101st out of 138 small communities).

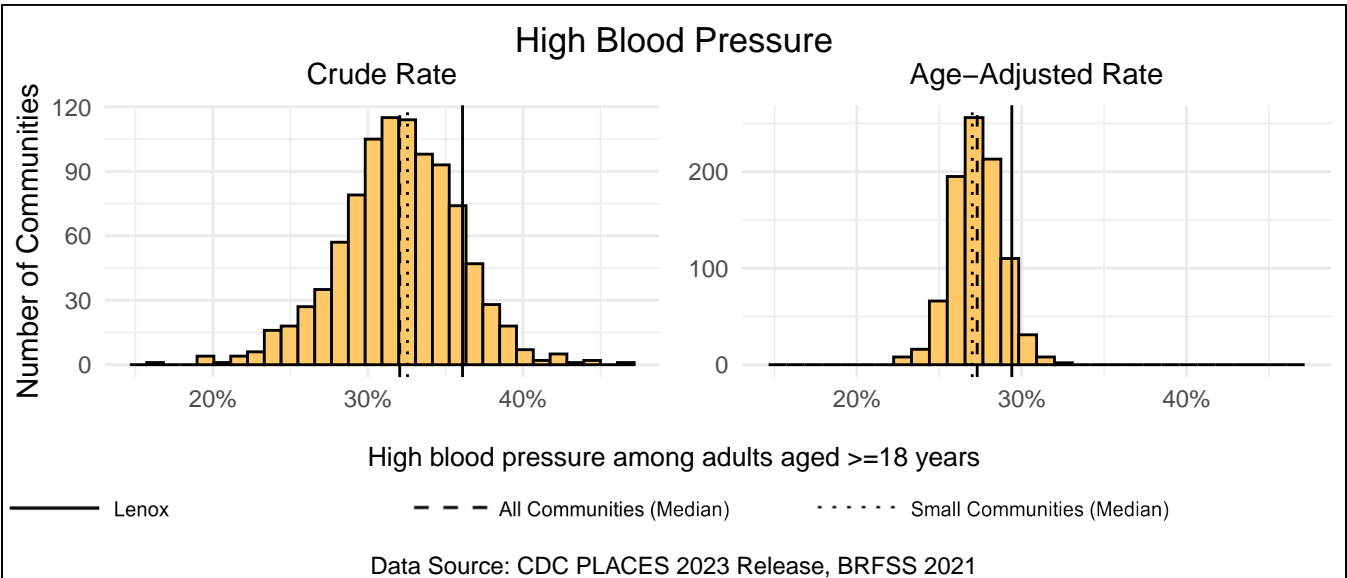
Measure Type	Lenox	All Comm.	Small Comm.
Crude	30.2%	27.9%	28.4%
Age-Adjusted	23.9%	23.1%	23.2%



## High Blood Pressure

Lenox has a crude rate of 36.1% for high blood pressure among adults aged  $\geq 18$  years, which ranks 824th out of 958 Iowa communities (119th out of 138 small communities). The age-adjusted rate for Lenox is 29.4%, which ranks 817th out of 905 Iowa communities (131st out of 138 small communities).

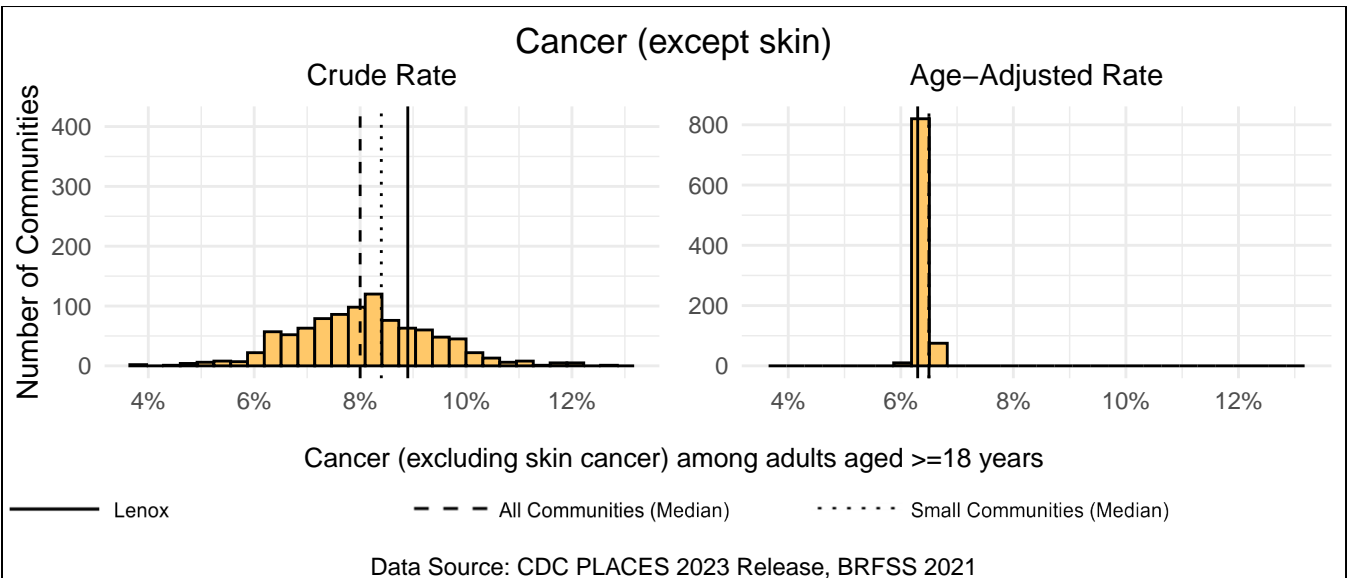
Measure Type	Lenox	All Comm.	Small Comm.
Crude	36.1%	32.0%	32.5%
Age-Adjusted	29.4%	27.3%	27.0%



## Cancer (except skin)

Lenox has a crude rate of 8.9% for cancer (excluding skin cancer) among adults aged  $\geq 18$  years, which ranks 704th out of 958 Iowa communities (86th out of 138 small communities). The age-adjusted rate for Lenox is 6.3%, which ranks 16th out of 905 Iowa communities (2nd out of 138 small communities).

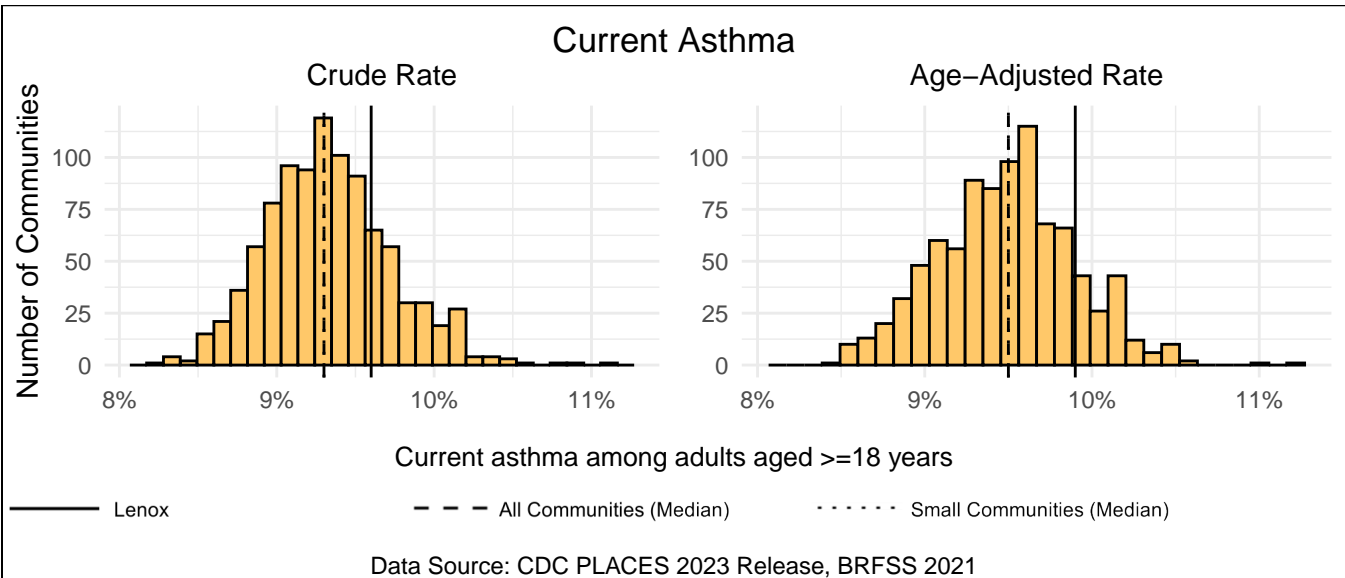
Measure Type	Lenox	All Comm.	Small Comm.
Crude	8.9%	8.0%	8.4%
Age-Adjusted	6.3%	6.5%	6.5%



## Current Asthma

Lenox has a crude rate of 9.6% for current asthma among adults aged  $\geq 18$  years, which ranks 716th out of 958 Iowa communities (118th out of 138 small communities). The age-adjusted rate for Lenox is 9.9%, which ranks 762nd out of 905 Iowa communities (120th out of 138 small communities).

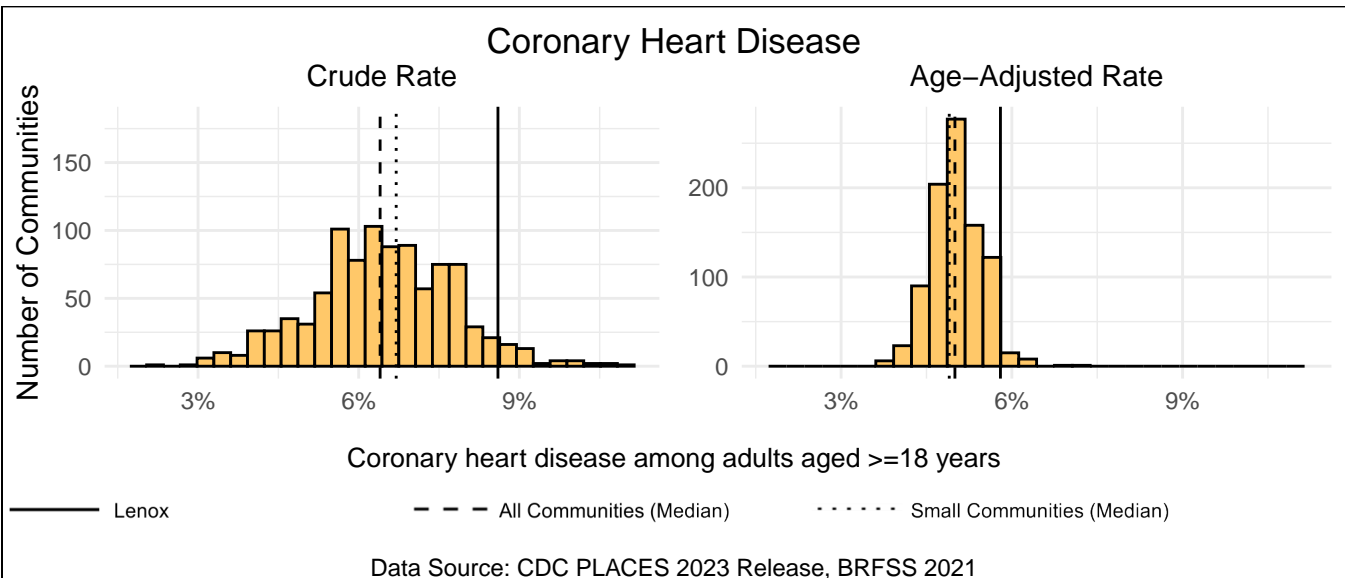
Measure Type	Lenox	All Comm.	Small Comm.
Crude	9.6%	9.3%	9.3%
Age-Adjusted	9.9%	9.5%	9.5%



## Coronary Heart Disease

Lenox has a crude rate of 8.6% for coronary heart disease among adults aged  $\geq 18$  years, which ranks 907th out of 958 Iowa communities (133rd out of 138 small communities). The age-adjusted rate for Lenox is 5.8%, which ranks 865th out of 905 Iowa communities (137th out of 138 small communities).

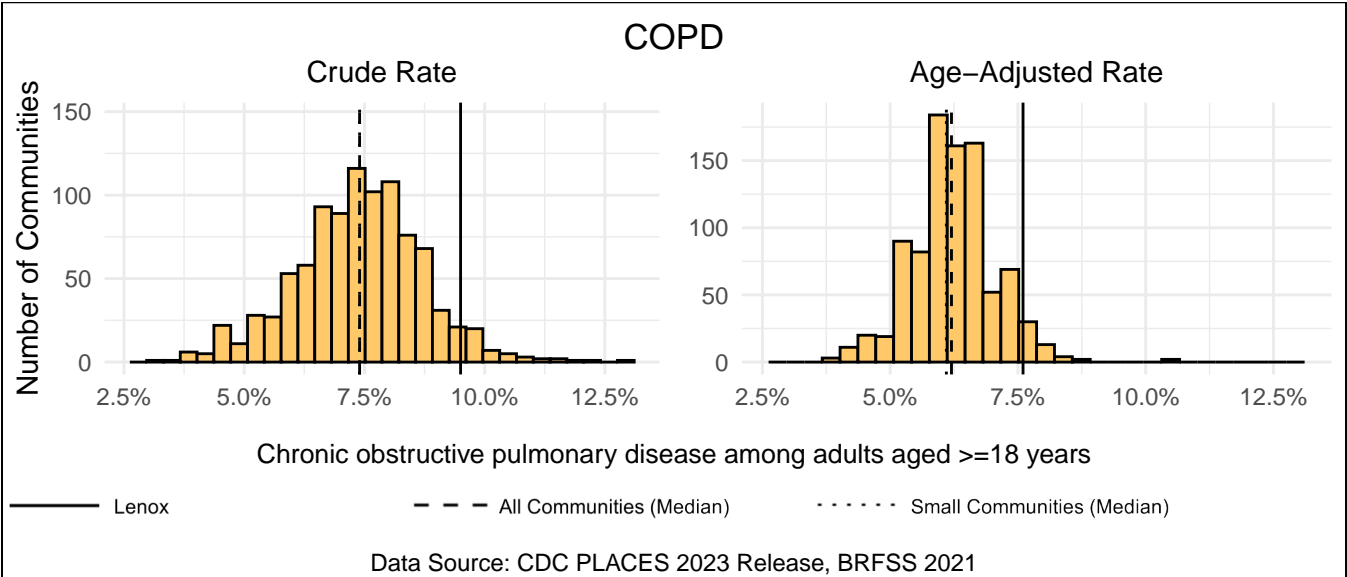
Measure Type	Lenox	All Comm.	Small Comm.
Crude	8.6%	6.4%	6.7%
Age-Adjusted	5.8%	5.0%	4.9%



# COPD

Lenox has a crude rate of 9.5% for chronic obstructive pulmonary disease among adults aged  $\geq 18$  years, which ranks 905th out of 958 Iowa communities (134th out of 138 small communities). The age-adjusted rate for Lenox is 7.6%, which ranks 855th out of 905 Iowa communities (134th out of 138 small communities).

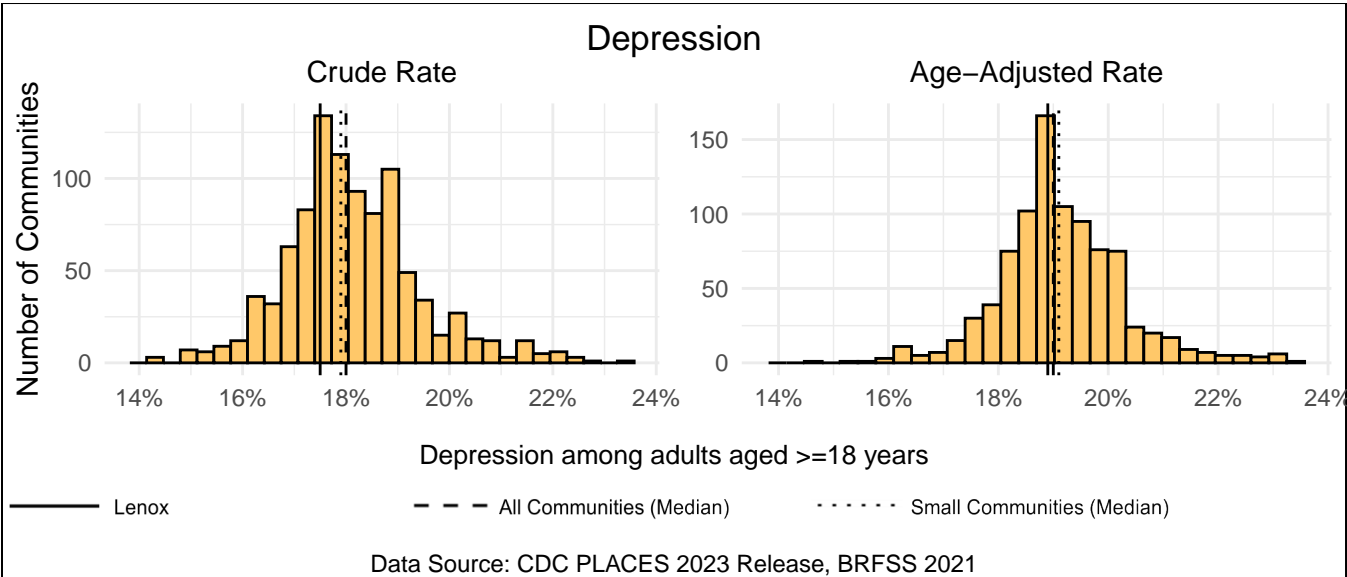
Measure Type	Lenox	All Comm.	Small Comm.
Crude	9.5%	7.4%	7.4%
Age-Adjusted	7.6%	6.2%	6.1%



# Depression

Lenox has a crude rate of 17.5% for depression among adults aged  $\geq 18$  years, which ranks 284th out of 958 Iowa communities (46th out of 138 small communities). The age-adjusted rate for Lenox is 18.9%, which ranks 368th out of 905 Iowa communities (56th out of 138 small communities).

Measure Type	Lenox	All Comm.	Small Comm.
Crude	17.5%	18.0%	17.9%
Age-Adjusted	18.9%	19.0%	19.1%

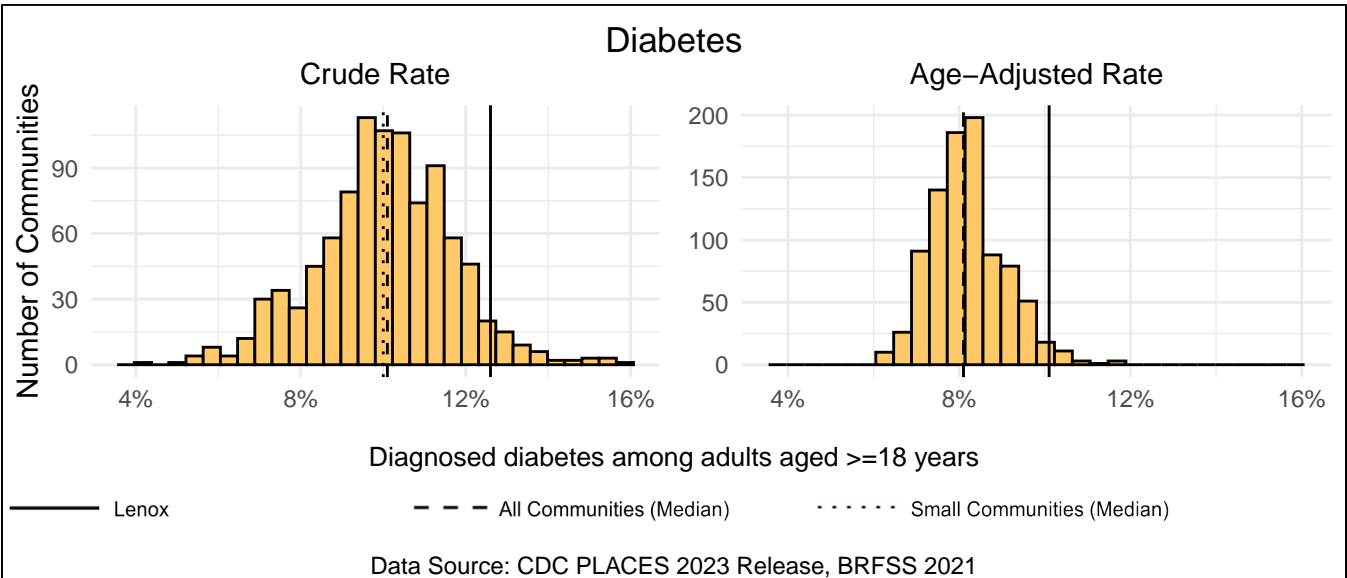




# Diabetes

Lenox has a crude rate of 12.6% for diagnosed diabetes among adults aged  $\geq 18$  years, which ranks 907th out of 958 Iowa communities (135th out of 138 small communities). The age-adjusted rate for Lenox is 10.1%, which ranks 879th out of 905 Iowa communities (137th out of 138 small communities).

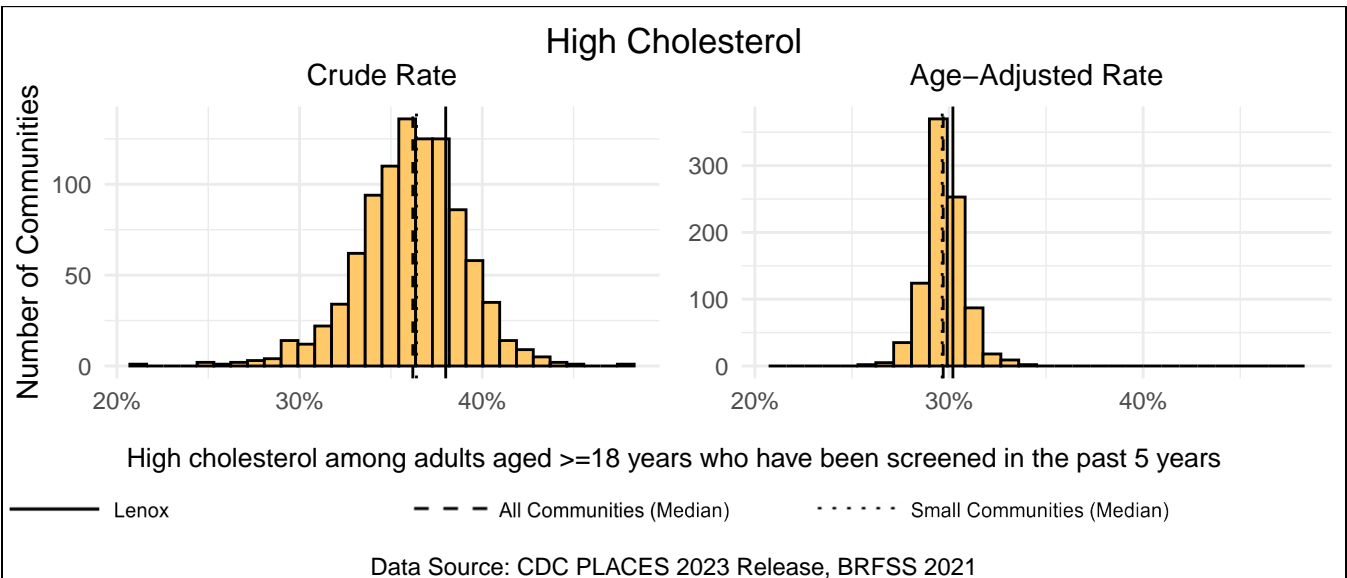
Measure Type	Lenox	All Comm.	Small Comm.
Crude	12.6%	10.1%	10.0%
Age-Adjusted	10.1%	8.1%	8.1%



# High Cholesterol

Lenox has a crude rate of 38.0% for high cholesterol among adults aged  $\geq 18$  years who have been screened in the past 5 years, which ranks 720th out of 958 Iowa communities (107th out of 138 small communities). The age-adjusted rate for Lenox is 30.2%, which ranks 599th out of 905 Iowa communities (96th out of 138 small communities).

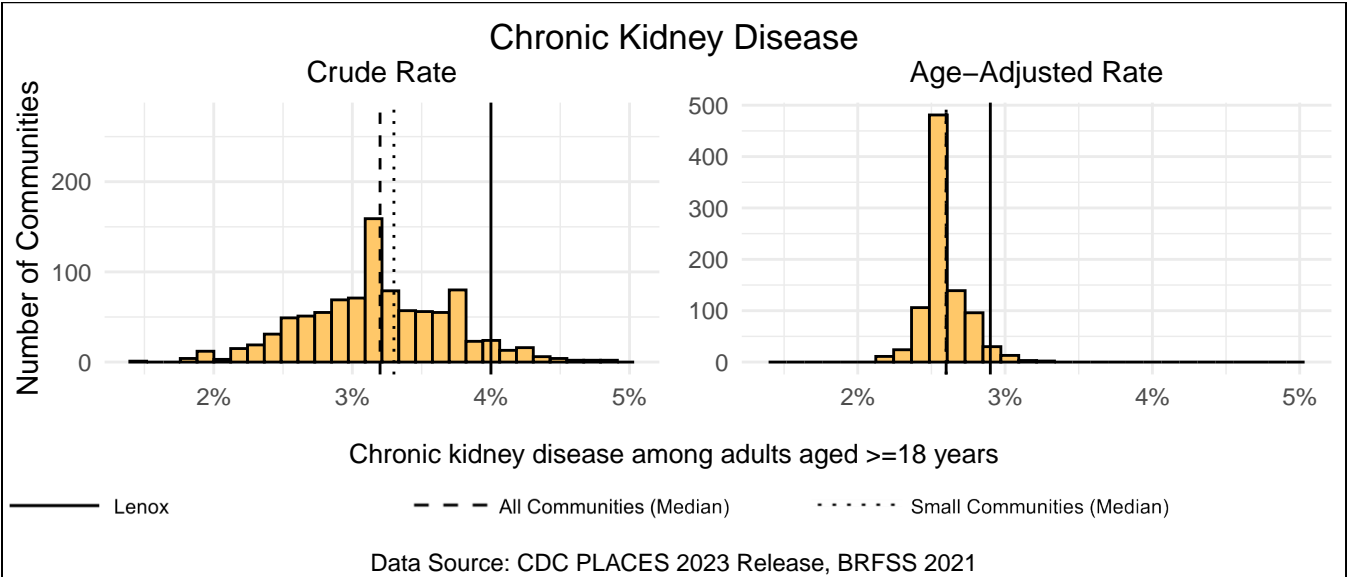
Measure Type	Lenox	All Comm.	Small Comm.
Crude	38.0%	36.2%	36.4%
Age-Adjusted	30.2%	29.7%	29.6%



# Chronic Kidney Disease

Lenox has a crude rate of 4.0% for chronic kidney disease among adults aged  $\geq 18$  years, which ranks 890th out of 958 Iowa communities (128th out of 138 small communities). The age-adjusted rate for Lenox is 2.9%, which ranks 858th out of 905 Iowa communities (136th out of 138 small communities).

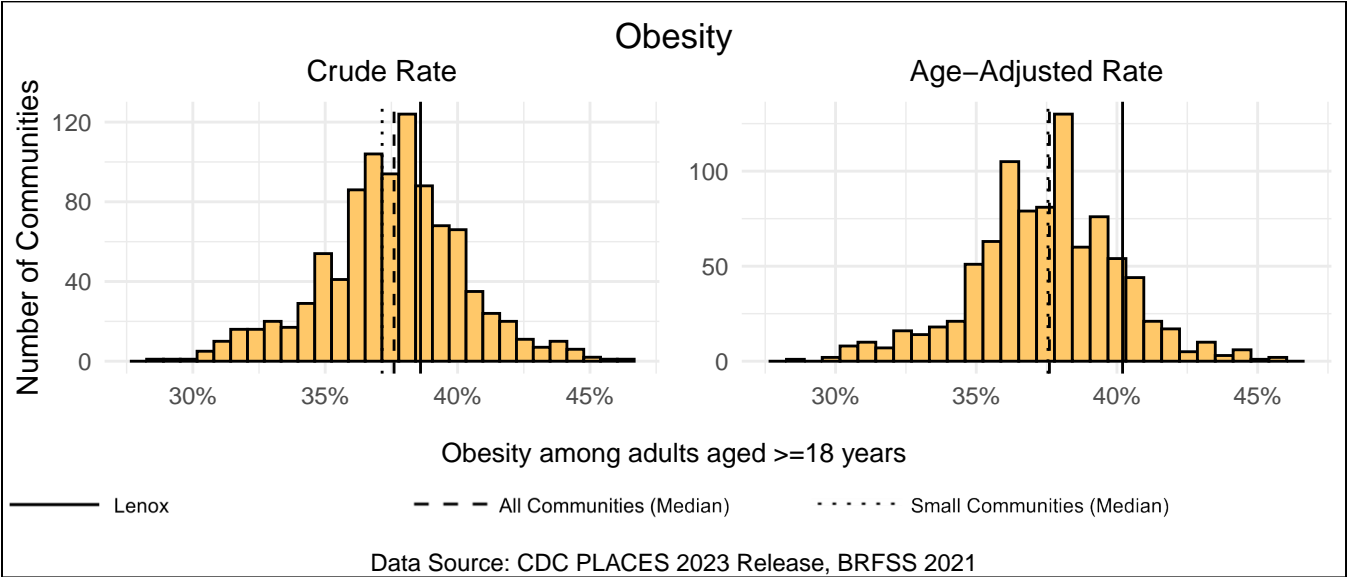
Measure Type	Lenox	All Comm.	Small Comm.
Crude	4.0%	3.2%	3.3%
Age-Adjusted	2.9%	2.6%	2.6%



# Obesity

Lenox has a crude rate of 38.6% for obesity among adults aged  $\geq 18$  years, which ranks 635th out of 958 Iowa communities (104th out of 138 small communities). The age-adjusted rate for Lenox is 40.2%, which ranks 781st out of 905 Iowa communities (124th out of 138 small communities).

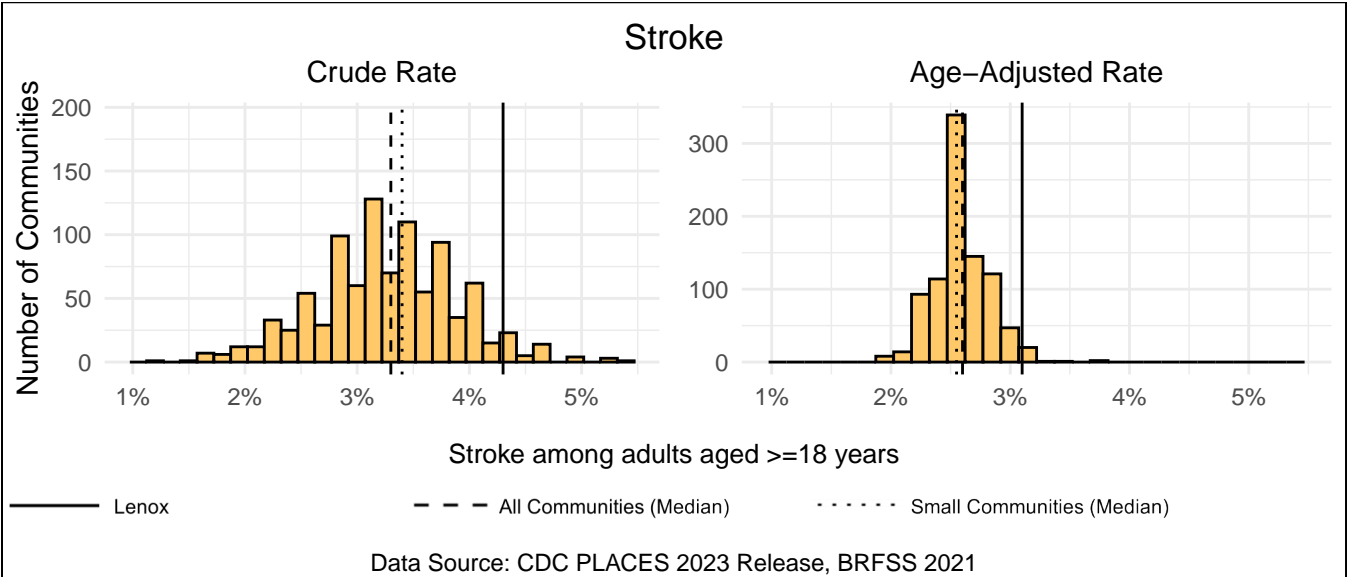
Measure Type	Lenox	All Comm.	Small Comm.
Crude	38.6%	37.6%	37.2%
Age-Adjusted	40.2%	37.6%	37.5%



# Stroke

Lenox has a crude rate of 4.3% for stroke among adults aged  $\geq 18$  years, which ranks 909th out of 958 Iowa communities (131st out of 138 small communities). The age-adjusted rate for Lenox is 3.1%, which ranks 882nd out of 905 Iowa communities (138th out of 138 small communities).

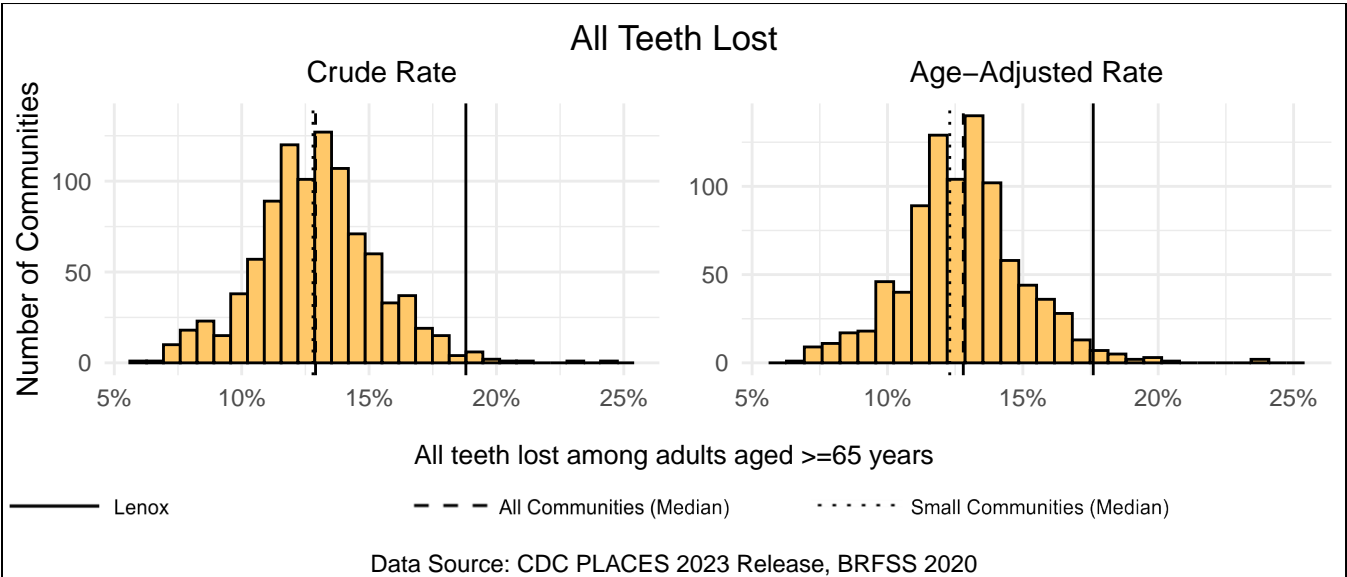
Measure Type	Lenox	All Comm.	Small Comm.
Crude	4.3%	3.3%	3.4%
Age-Adjusted	3.1%	2.6%	2.5%



# All Teeth Lost

Lenox has a crude rate of 18.8% for all teeth lost among adults aged  $\geq 65$  years, which ranks 946th out of 958 Iowa communities (138th out of 138 small communities). The age-adjusted rate for Lenox is 17.6%, which ranks 888th out of 905 Iowa communities (138th out of 138 small communities).

Measure Type	Lenox	All Comm.	Small Comm.
Crude	18.8%	12.9%	12.8%
Age-Adjusted	17.6%	12.8%	12.3%



# Prevention

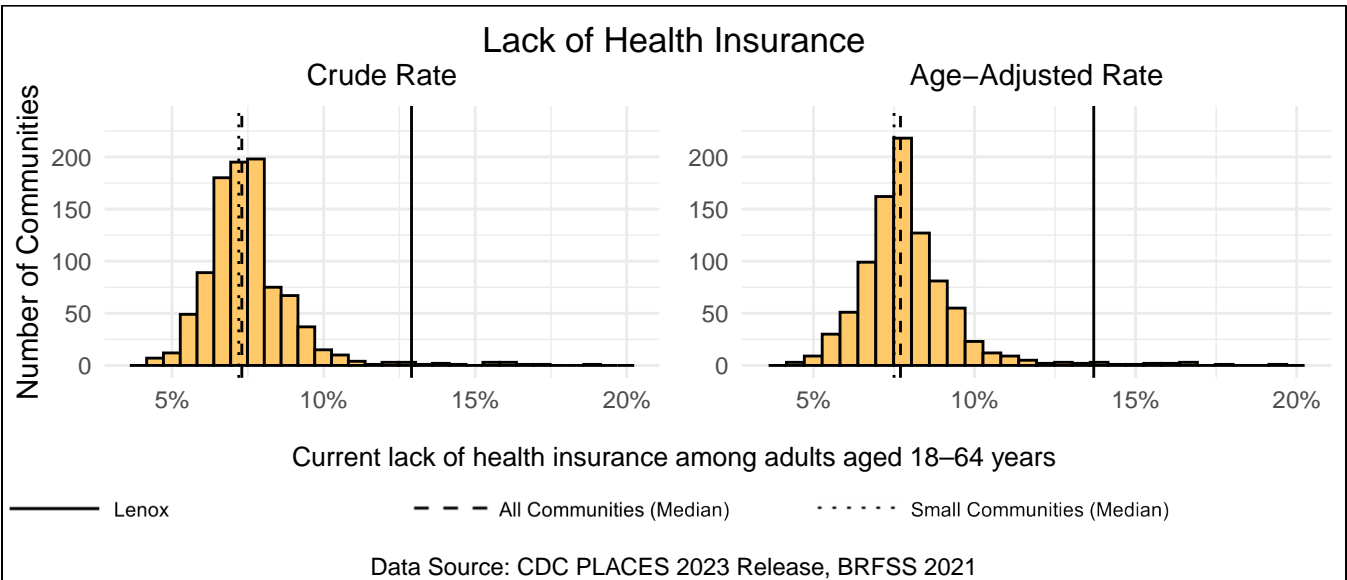
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor visits. Besides the measure for lack of health insurance, all measures in this section are positive, where a higher rate is a strength for your community. The link below includes more information about each variable.

<https://www.cdc.gov/places/measure-definitions/prevention/index.html>

## Lack of Health Insurance

Lenox has a crude rate of 12.9% for current lack of health insurance among adults aged 18–64 years, which ranks 944th out of 958 Iowa communities (137th out of 138 small communities). The age-adjusted rate for Lenox is 13.7%, which ranks 892nd out of 905 Iowa communities (137th out of 138 small communities).

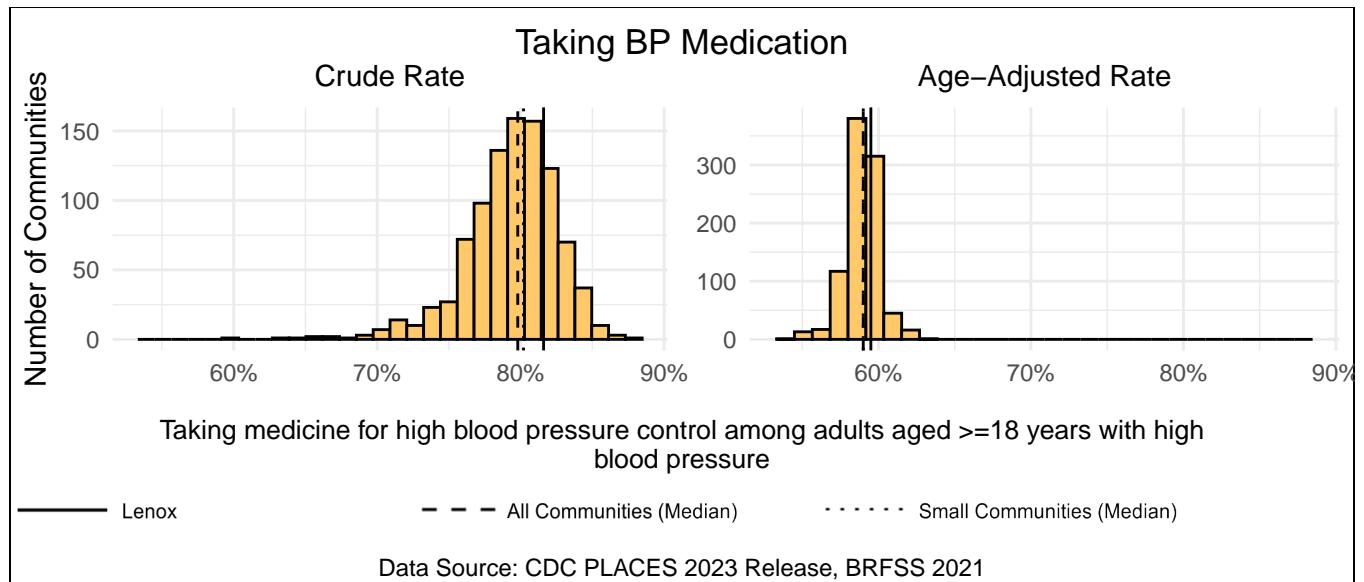
Measure Type	Lenox	All Comm.	Small Comm.
Crude	12.9%	7.3%	7.2%
Age-Adjusted	13.7%	7.7%	7.5%



## Taking BP Medication

Lenox has a crude rate of 81.6% for taking medicine for high blood pressure control among adults aged  $\geq 18$  years with high blood pressure, which ranks 216th out of 958 Iowa communities (44th out of 138 small communities). The age-adjusted rate for Lenox is 59.5%, which ranks 206th out of 905 Iowa communities (30th out of 138 small communities).

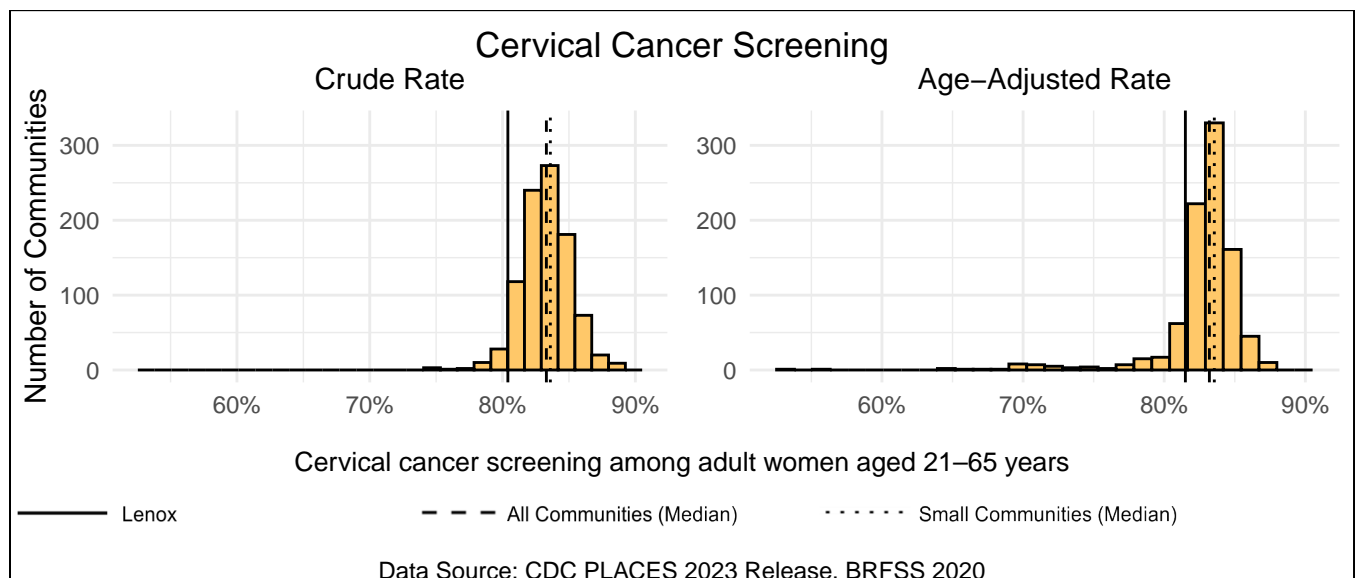
Measure Type	Lenox	All Comm.	Small Comm.
Crude	81.6%	79.8%	80.2%
Age-Adjusted	59.5%	59.0%	59.0%



## Cervical Cancer Screening

Lenox has a crude rate of 80.4% for cervical cancer screening among adult women aged 21–65 years, which ranks 909th out of 958 Iowa communities (136th out of 138 small communities). The age-adjusted rate for Lenox is 81.5%, which ranks 777th out of 905 Iowa communities (133rd out of 138 small communities).

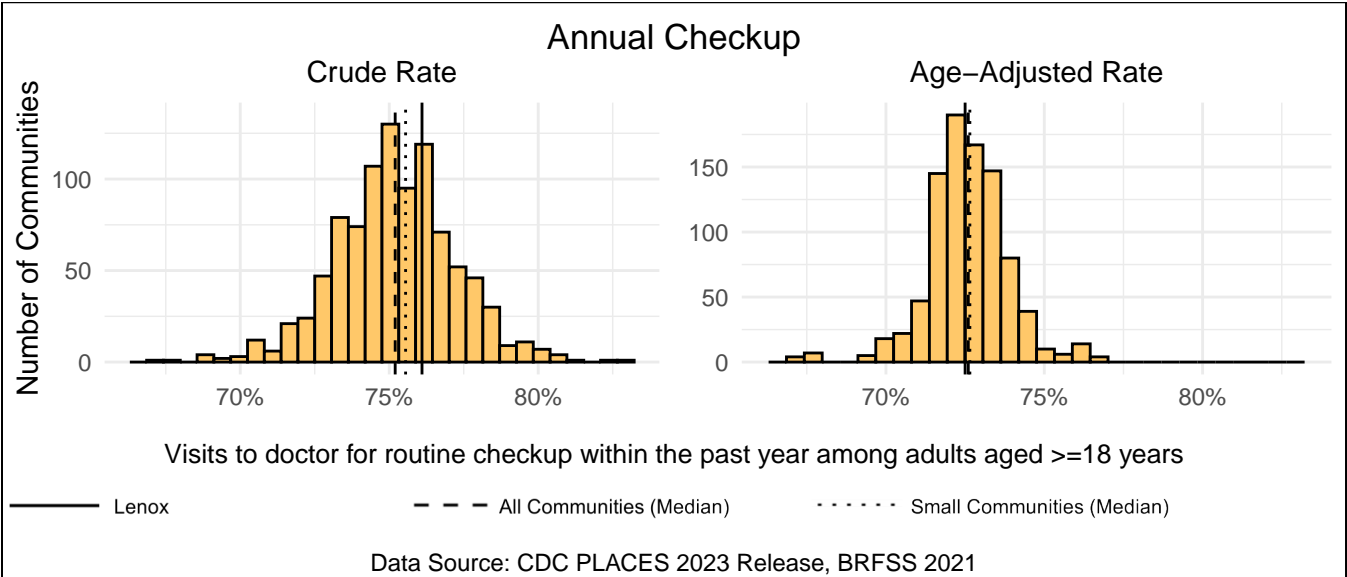
Measure Type	Lenox	All Comm.	Small Comm.
Crude	80.4%	83.3%	83.6%
Age-Adjusted	81.5%	83.2%	83.5%



## Annual Checkup

Lenox has a crude rate of 76.1% for visits to doctor for routine checkup within the past year among adults aged  $\geq 18$  years, which ranks 291st out of 958 Iowa communities (57th out of 138 small communities). The age-adjusted rate for Lenox is 72.5%, which ranks 468th out of 905 Iowa communities (76th out of 138 small communities).

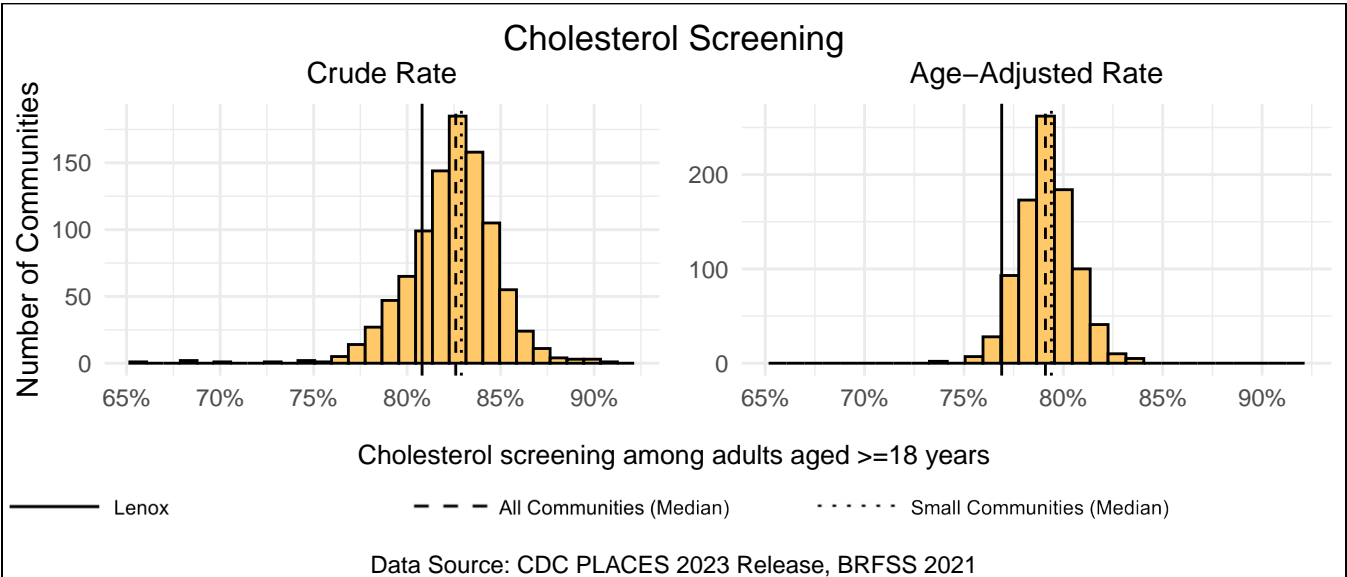
Measure Type	Lenox	All Comm.	Small Comm.
Crude	76.1%	75.2%	75.5%
Age-Adjusted	72.5%	72.6%	72.6%



## Cholesterol Screening

Lenox has a crude rate of 80.8% for cholesterol screening among adults aged  $\geq 18$  years, which ranks 746th out of 958 Iowa communities (118th out of 138 small communities). The age-adjusted rate for Lenox is 76.9%, which ranks 863rd out of 905 Iowa communities (135th out of 138 small communities).

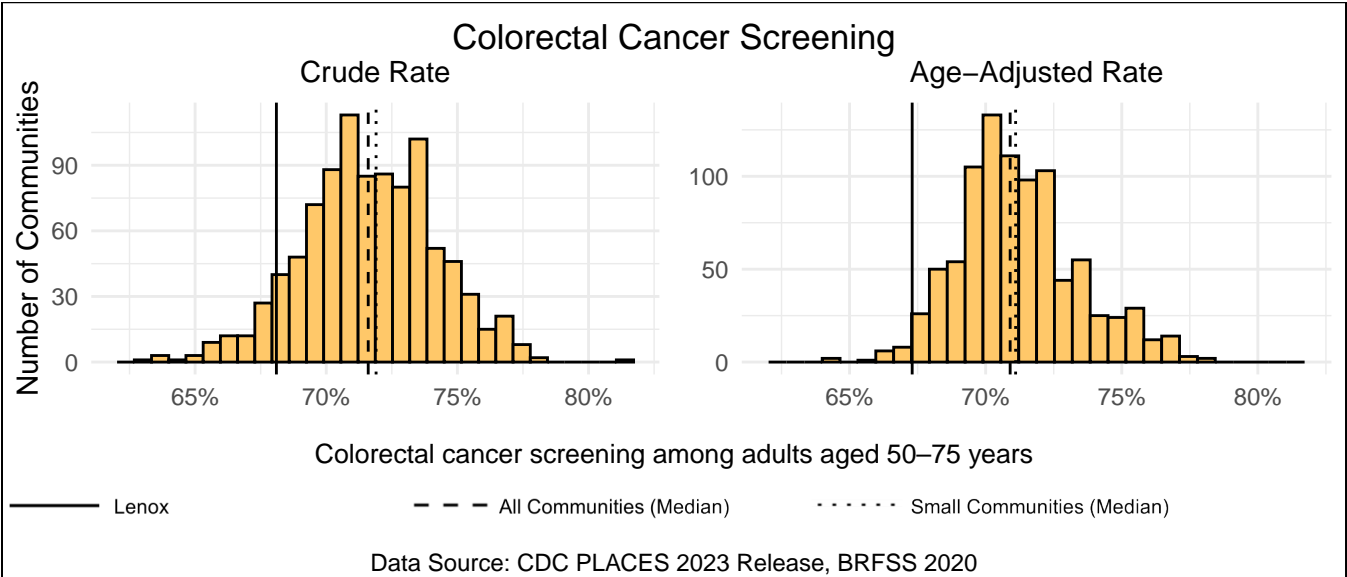
Measure Type	Lenox	All Comm.	Small Comm.
Crude	80.8%	82.6%	82.9%
Age-Adjusted	76.9%	79.1%	79.4%



### Colorectal Cancer Screening

Lenox has a crude rate of 68.1% for colorectal cancer screening among adults aged 50–75 years, which ranks 881st out of 958 Iowa communities (136th out of 138 small communities). The age-adjusted rate for Lenox is 67.3%, which ranks 886th out of 905 Iowa communities (138th out of 138 small communities).

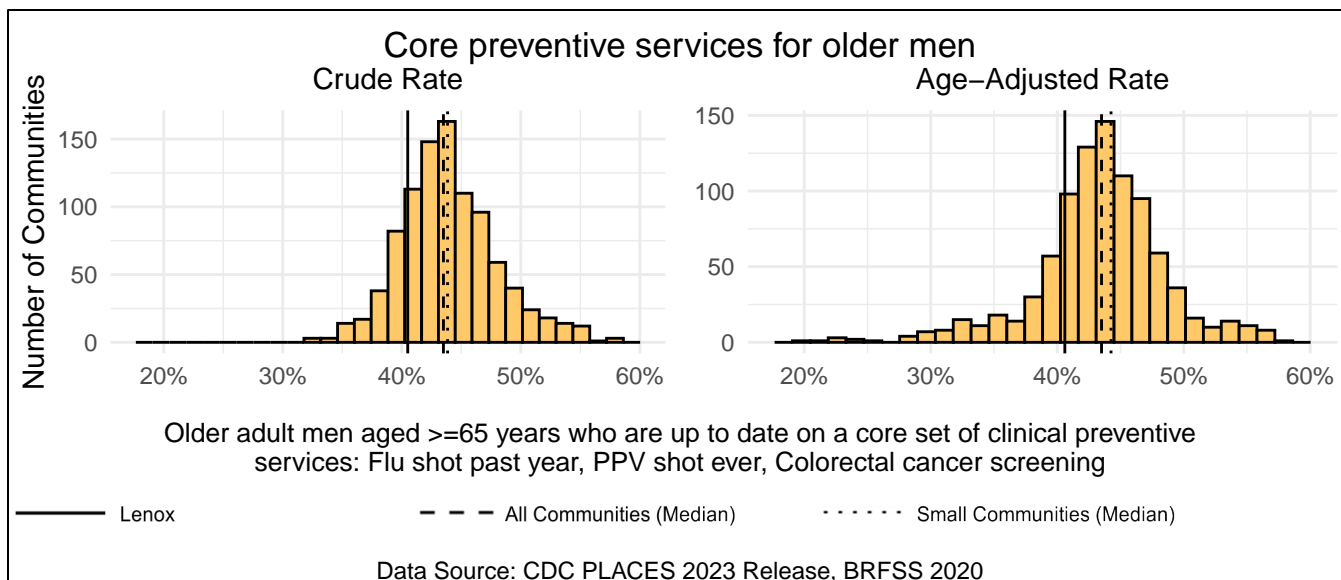
Measure Type	Lenox	All Comm.	Small Comm.
Crude	68.1%	71.6%	71.9%
Age-Adjusted	67.3%	70.9%	71.1%



### Core preventive services for older men

Lenox has a crude rate of 40.5% for older adult men aged ≥65 years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, which ranks 774th out of 958 Iowa communities (117th out of 138 small communities). The age-adjusted rate for Lenox is 40.6%, which ranks 712th out of 905 Iowa communities (120th out of 138 small communities).

Measure Type	Lenox	All Comm.	Small Comm.
Crude	40.5%	43.5%	43.8%
Age-Adjusted	40.6%	43.5%	44.2%

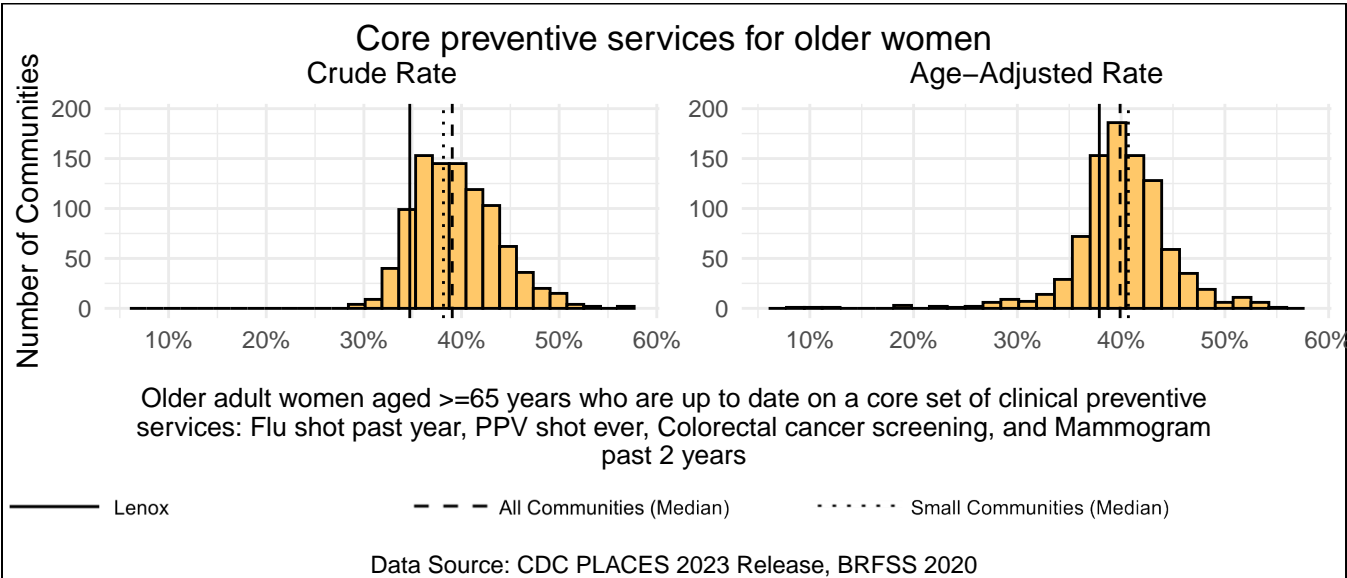




### Core preventive services for older women

Lenox has a crude rate of 34.7% for older adult women aged  $\geq 65$  years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, and mammogram past 2 years, which ranks 844th out of 958 Iowa communities (120th out of 138 small communities). The age-adjusted rate for Lenox is 37.9%, which ranks 683rd out of 905 Iowa communities (117th out of 138 small communities).

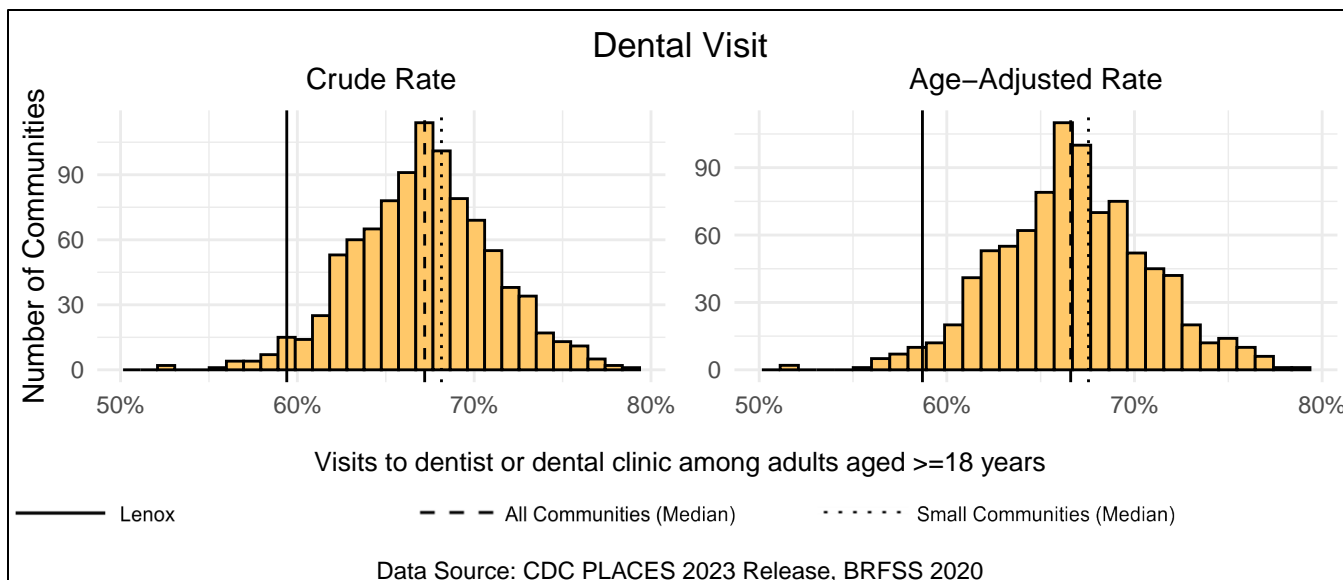
Measure Type	Lenox	All Comm.	Small Comm.
Crude	34.7%	39.0%	38.2%
Age-Adjusted	37.9%	39.9%	40.7%



### Dental Visit

Lenox has a crude rate of 59.4% for visits to dentist or dental clinic among adults aged  $\geq 18$  years, which ranks 933rd out of 958 Iowa communities (138th out of 138 small communities). The age-adjusted rate for Lenox is 58.7%, which ranks 883rd out of 905 Iowa communities (138th out of 138 small communities).

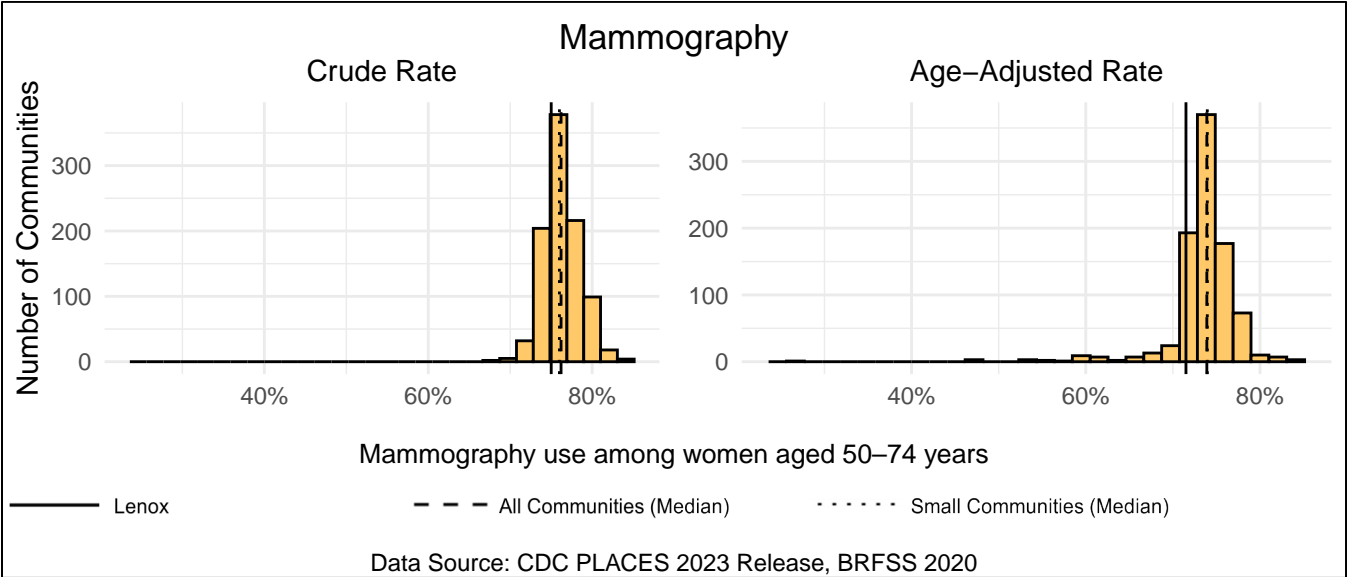
Measure Type	Lenox	All Comm.	Small Comm.
Crude	59.4%	67.2%	68.2%
Age-Adjusted	58.7%	66.6%	67.5%



# Mammography

Lenox has a crude rate of 75.0% for mammography use among women aged 50–74 years, which ranks 684th out of 958 Iowa communities (96th out of 138 small communities). The age-adjusted rate for Lenox is 71.5%, which ranks 793rd out of 905 Iowa communities (126th out of 138 small communities).

Measure Type	Lenox	All Comm.	Small Comm.
Crude	75.0%	76.2%	76.0%
Age-Adjusted	71.5%	73.9%	74.0%



# Disability

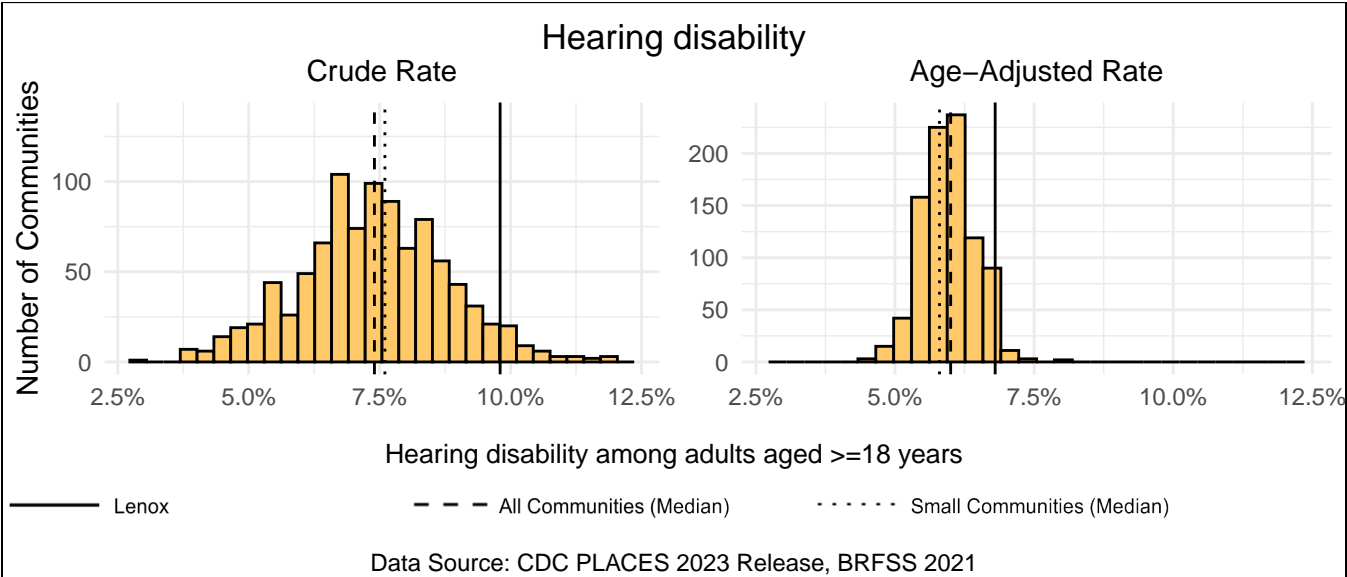
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities. The link below includes more information about each variable.

<https://www.cdc.gov/places/measure-definitions/unhealthy-behaviors/index.html>

## Hearing disability

Lenox has a crude rate of 9.8% for hearing disability among adults aged  $\geq 18$  years, which ranks 913th out of 958 Iowa communities (132nd out of 138 small communities). The age-adjusted rate for Lenox is 6.8%, which ranks 868th out of 905 Iowa communities (138th out of 138 small communities).

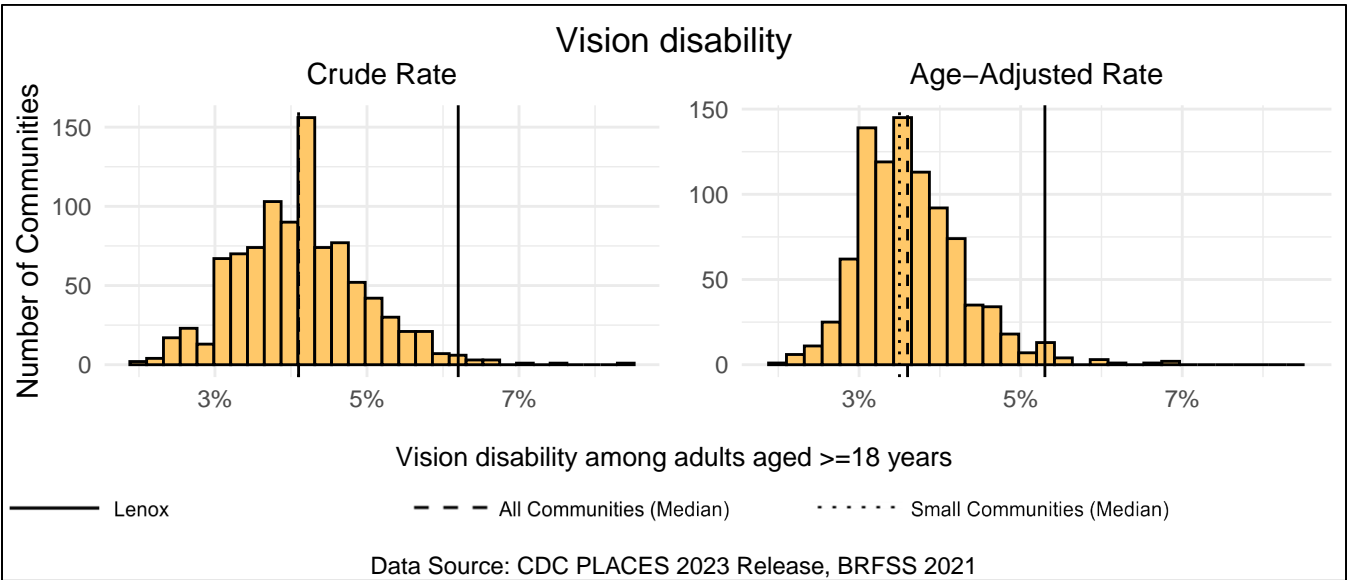
Measure Type	Lenox	All Comm.	Small Comm.
Crude	9.8%	7.4%	7.6%
Age-Adjusted	6.8%	6.0%	5.8%



# Vision disability

Lenox has a crude rate of 6.2% for vision disability among adults aged >=18 years, which ranks 946th out of 958 Iowa communities (138th out of 138 small communities). The age-adjusted rate for Lenox is 5.3%, which ranks 886th out of 905 Iowa communities (138th out of 138 small communities).

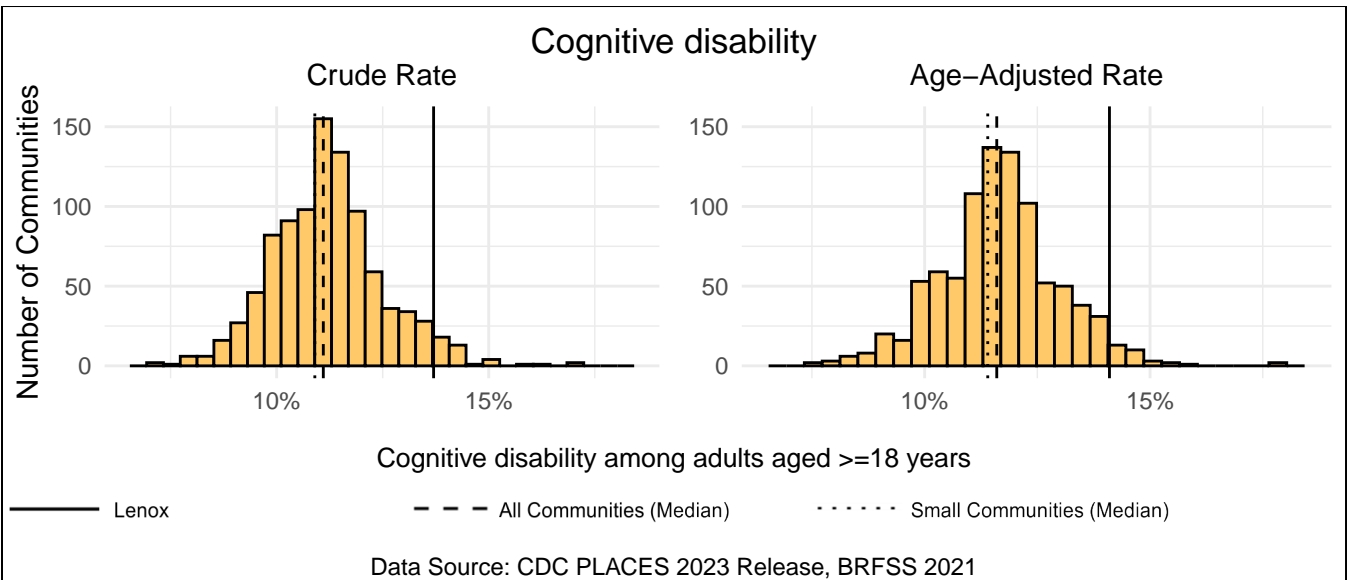
Measure Type	Lenox	All Comm.	Small Comm.
Crude	6.2%	4.1%	4.1%
Age-Adjusted	5.3%	3.6%	3.5%



# Cognitive disability

Lenox has a crude rate of 13.7% for cognitive disability among adults aged >=18 years, which ranks 919th out of 958 Iowa communities (136th out of 138 small communities). The age-adjusted rate for Lenox is 14.1%, which ranks 875th out of 905 Iowa communities (138th out of 138 small communities).

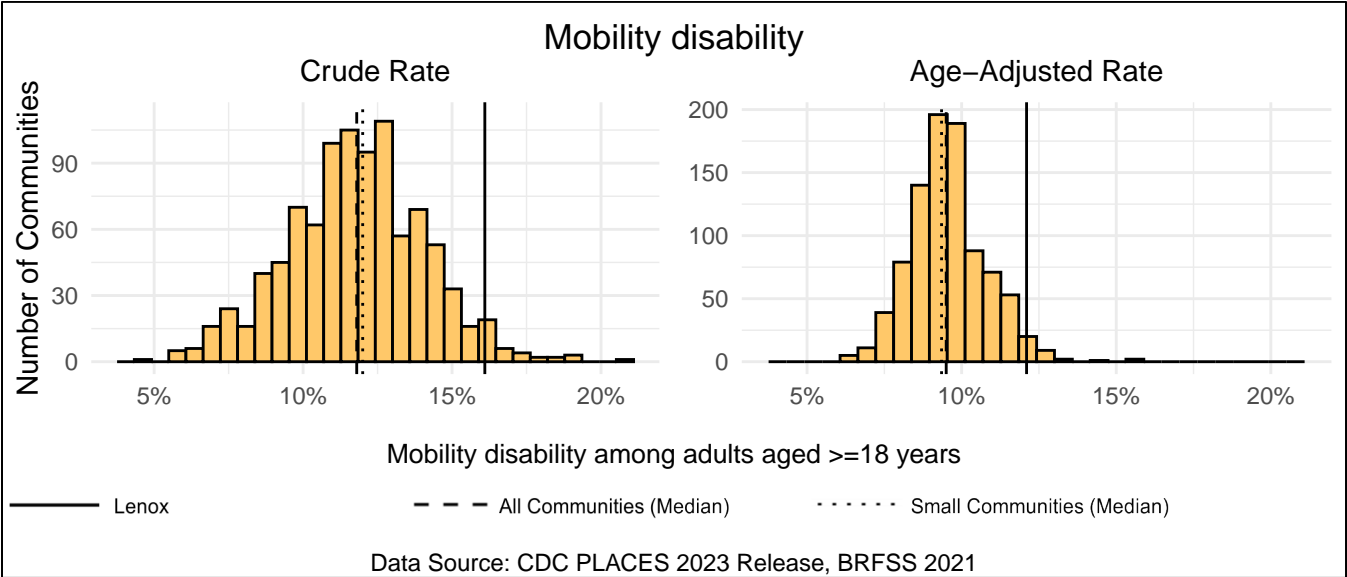
Measure Type	Lenox	All Comm.	Small Comm.
Crude	13.7%	11.1%	10.9%
Age-Adjusted	14.1%	11.6%	11.4%



## Mobility disability

Lenox has a crude rate of 16.1% for mobility disability among adults aged  $\geq 18$  years, which ranks 933rd out of 958 Iowa communities (135th out of 138 small communities). The age-adjusted rate for Lenox is 12.1%, which ranks 881st out of 905 Iowa communities (138th out of 138 small communities).

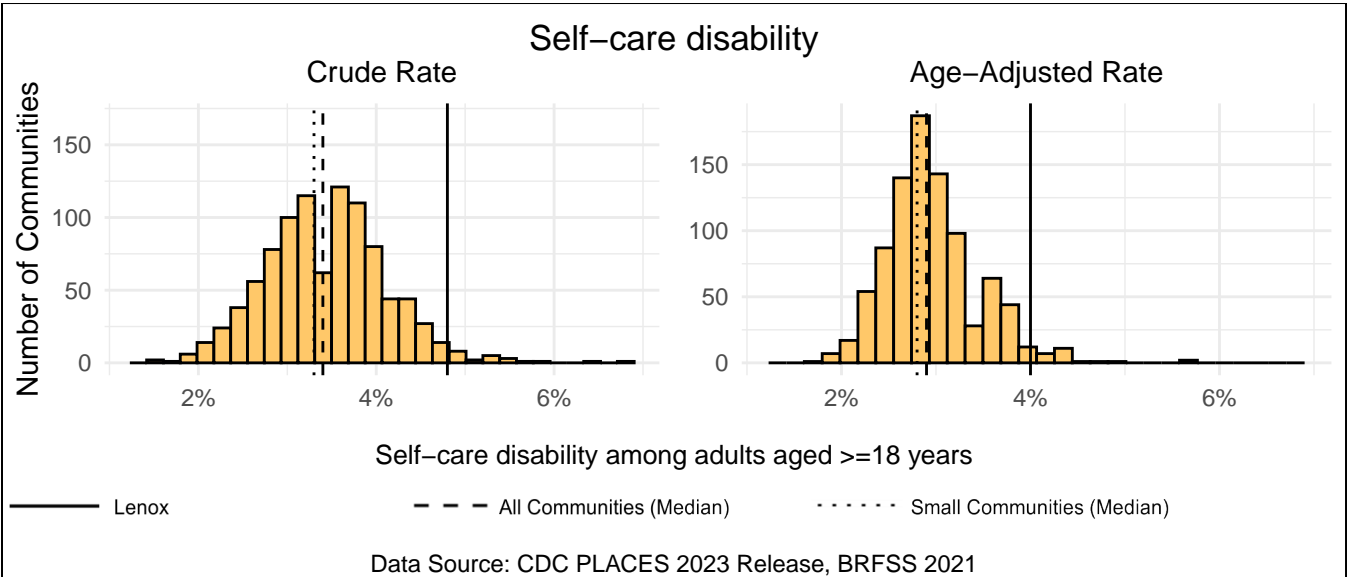
Measure Type	Lenox	All Comm.	Small Comm.
Crude	16.1%	11.8%	12.0%
Age-Adjusted	12.1%	9.5%	9.4%



## Self-care disability

Lenox has a crude rate of 4.8% for self-care disability among adults aged  $\geq 18$  years, which ranks 929th out of 958 Iowa communities (138th out of 138 small communities). The age-adjusted rate for Lenox is 4.0%, which ranks 873rd out of 905 Iowa communities (137th out of 138 small communities).

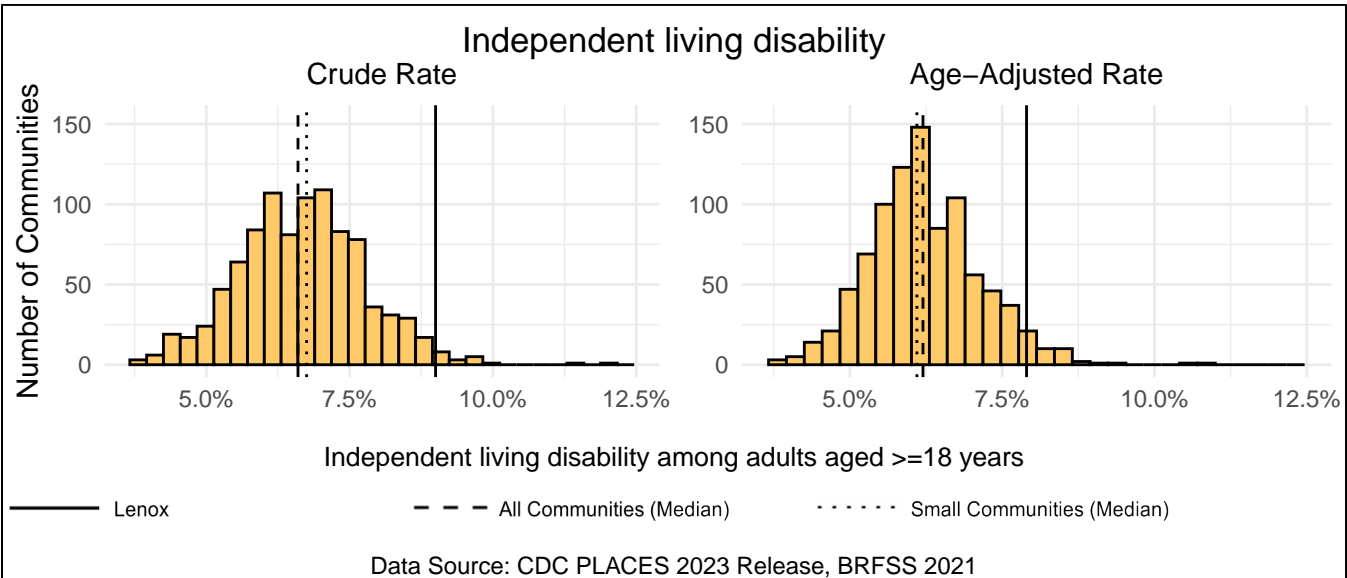
Measure Type	Lenox	All Comm.	Small Comm.
Crude	4.8%	3.4%	3.3%
Age-Adjusted	4.0%	2.9%	2.8%



### Independent living disability

Lenox has a crude rate of 9.0% for independent living disability among adults aged  $\geq 18$  years, which ranks 940th out of 958 Iowa communities (138th out of 138 small communities). The age-adjusted rate for Lenox is 7.9%, which ranks 868th out of 905 Iowa communities (136th out of 138 small communities).

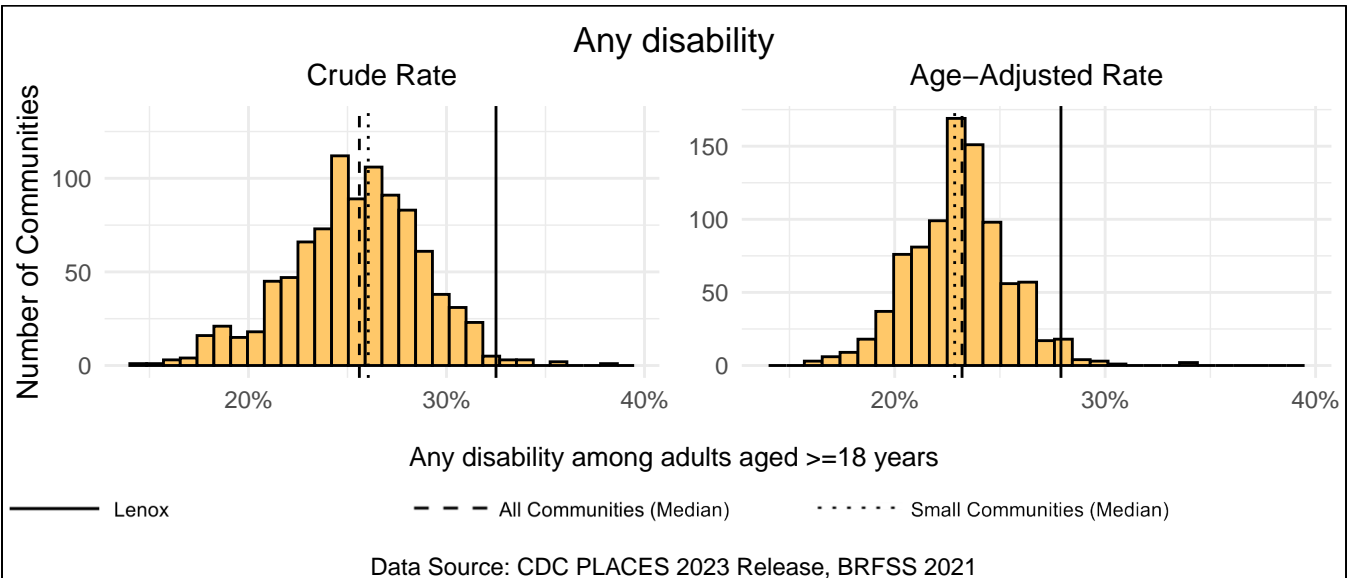
Measure Type	Lenox	All Comm.	Small Comm.
Crude	9.0%	6.6%	6.8%
Age-Adjusted	7.9%	6.2%	6.1%



### Any disability

Lenox has a crude rate of 32.5% for any disability among adults aged  $\geq 18$  years, which ranks 947th out of 958 Iowa communities (138th out of 138 small communities). The age-adjusted rate for Lenox is 27.9%, which ranks 885th out of 905 Iowa communities (137th out of 138 small communities).

Measure Type	Lenox	All Comm.	Small Comm.
Crude	32.5%	25.6%	26.0%
Age-Adjusted	27.9%	23.2%	22.8%



---

## Appendix 1: CDC PLACES Data

This report uses a novel dataset from the Centers for Disease Control and Prevention (CDC) called PLACES: Local Data for Better Health. The PLACES dataset uses small area estimation methods to provide estimates of health measures for counties, places, census tracts, and zip code tabulation areas. The estimates are created with a multilevel statistical modeling framework that utilizes CDC's Behavioral Risk Factor Surveillance System (BRFSS), Census population counts, and American Community Survey demographic and socioeconomic data.

Relevant links for CDC PLACES can be found below:

- [PLACES Homepage](#)
- [Measure Definitions](#)
- [Methodology](#)





## Appendix 2: Lenox PLACES Data

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Health Status	General Health	941	19.3% (16.0% - 23.0%)	887	17.2% (14.4% - 20.5%)
Health Status	Mental Health	674	14.9% (12.9% - 17.3%)	744	16.4% (14.2% - 18.8%)
Health Status	Physical Health	921	13.0% (11.0% - 15.2%)	880	11.6% (10.0% - 13.5%)
Health Risk Behaviors	Current Smoking	759	18.4% (15.0% - 22.2%)	822	20.3% (16.4% - 24.5%)
Health Risk Behaviors	Binge Drinking	110	17.2% (14.2% - 20.6%)	68	20.4% (16.9% - 24.3%)
Health Risk Behaviors	Physical Inactivity	947	33.0% (27.3% - 39.2%)	892	30.5% (25.2% - 36.0%)
Health Risk Behaviors	Sleep <7 hours	690	31.3% (29.9% - 32.6%)	826	32.9% (31.3% - 34.2%)
Health Outcomes	Stroke	909	4.3% (3.7% - 5.1%)	882	3.1% (2.7% - 3.5%)
Health Outcomes	Depression	284	17.5% (14.2% - 21.2%)	368	18.9% (15.4% - 22.6%)
Health Outcomes	Cancer (except skin)	704	8.9% (8.0% - 9.9%)	16	6.3% (5.6% - 7.0%)
Health Outcomes	High Cholesterol	720	38.0% (33.2% - 43.1%)	599	30.2% (25.8% - 34.9%)
Health Outcomes	Obesity	635	38.6% (31.0% - 46.8%)	781	40.2% (32.4% - 48.4%)
Health Outcomes	Chronic Kidney Disease	890	4.0% (3.5% - 4.5%)	858	2.9% (2.6% - 3.2%)
Health Outcomes	COPD	905	9.5% (7.7% - 11.5%)	855	7.6% (6.2% - 9.1%)
Health Outcomes	Coronary Heart Disease	907	8.6% (7.3% - 10.0%)	865	5.8% (5.1% - 6.6%)
Health Outcomes	Arthritis	732	30.2% (26.0% - 34.8%)	652	23.9% (20.3% - 27.8%)
Health Outcomes	Current Asthma	716	9.6% (8.4% - 11.0%)	762	9.9% (8.6% - 11.3%)
Health Outcomes	All Teeth Lost	946	18.8% (12.1% - 26.9%)	888	17.6% (12.0% - 23.9%)
Health Outcomes	High Blood Pressure	824	36.1% (31.7% - 40.6%)	817	29.4% (25.5% - 33.6%)
Health Outcomes	Diabetes	907	12.6% (10.8% - 14.8%)	879	10.1% (8.5% - 11.8%)
Prevention	Colorectal Cancer Screening	881	68.1% (64.8% - 71.4%)	886	67.3% (64.0% - 70.7%)
Prevention	Mammography	684	75.0% (70.5% - 78.9%)	793	71.5% (66.4% - 75.7%)
Prevention	Taking BP Medication	216	81.6% (78.7% - 84.3%)	206	59.5% (54.6% - 64.5%)
Prevention	Health Insurance	944	12.9% (10.2% - 15.9%)	892	13.7% (10.7% - 16.9%)
Prevention	Annual Checkup	291	76.1% (71.2% - 80.7%)	468	72.5% (67.1% - 77.5%)
Prevention	Core preventive services for older men	774	40.5% (31.0% - 51.3%)	712	40.6% (31.6% - 49.5%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Core preventive services for older women	844	34.7% (27.1% - 42.9%)	683	37.9% (30.2% - 45.9%)
Prevention	Cholesterol Screening	746	80.8% (77.6% - 83.7%)	863	76.9% (73.2% - 80.5%)
Prevention	Cervical Cancer Screening	909	80.4% (77.7% - 83.1%)	777	81.5% (79.1% - 83.9%)
Prevention	Dental Visit	933	59.4% (55.3% - 63.3%)	883	58.7% (54.9% - 62.2%)
Disability	Vision Disability	946	6.2% (5.1% - 7.5%)	886	5.3% (4.5% - 6.1%)
Disability	Cognitive Disability	919	13.7% (11.4% - 16.2%)	875	14.1% (11.9% - 16.6%)
Disability	Any Disability	947	32.5% (27.8% - 37.5%)	885	27.9% (23.7% - 32.5%)
Disability	Self-care Disability	929	4.8% (4.0% - 5.8%)	873	4.0% (3.4% - 4.7%)
Disability	Mobility Disability	933	16.1% (13.3% - 19.0%)	881	12.1% (10.1% - 14.5%)
Disability	Independent Living Disability	940	9.0% (7.4% - 10.8%)	868	7.9% (6.7% - 9.4%)
Disability	Hearing Disability	913	9.8% (8.6% - 11.3%)	868	6.8% (6.0% - 7.8%)

The 95% confidence interval shown in parentheses represents the range of 95% of CDC area estimates under different model assumptions using Monte Carlo simulations.

## Appendix 3: Small Communities (1,000-2,499)

Lenox falls into the group of small communities, which have a population of 1,000-2,499. In this data, 138 communities have a population in this range. The table below lists all communities in that group, sorted by the population estimate in the CDC PLACES dataset.

Community	Population	Community	Population	Community	Population
New London	2,471	Monroe	1,889	Pocahontas	1,614
West Union	2,468	Ogden	1,878	Guthrie Center	1,605
Belle Plaine	2,421	Lisbon	1,874	Brooklyn	1,600
Rockwell City	2,389	Blue Grass	1,873	Corning	1,592
La Porte City	2,347	Wapello	1,861	Akron	1,580
Hull	2,340	Walcott	1,854	Monona	1,571
Cascade	2,312	Peosta	1,852	Urbana	1,565
Atkins	2,296	Pleasantville	1,840	Holstein	1,560
Lamoni	2,284	Mount Ayr	1,838	Slater	1,546
Mediapolis	2,214	Sigourney	1,835	Dysart	1,542
Alta	2,207	Farley	1,833	Shell Rock	1,542
Colfax	2,186	Sac City	1,825	Hartley	1,536
Sumner	2,145	Reinbeck	1,784	Sanborn	1,536
Northwood	2,142	Greenfield	1,778	Fairbank	1,490
Bellevue	2,132	Dallas Center	1,770	Panora	1,490
Remsen	2,095	Prairie City	1,762	Lenox	1,488
Audubon	2,089	Lake City	1,745	Wellman	1,474
Toledo	2,047	Parkersburg	1,738	Roland	1,472
Ely	2,045	Stuart	1,726	Nashua	1,472
Columbus Junction	2,029	Manson	1,718	Van Meter	1,468
Epworth	1,982	Leon	1,707	Nora Springs	1,464
Ida Grove	1,969	Ackley	1,699	Manning	1,444
Lake Mills	1,965	Corydon	1,688	Traer	1,441
Granger	1,950	Oakland	1,678	Logan	1,437
Denver	1,921	Guttenberg	1,667	Walford	1,434
Britt	1,921	State Center	1,654	Strawberry Point	1,427
Durant	1,902	Moville	1,640	Dunlap	1,418

Community	Population	Community	Population	Community	Population
Bedford	1,416	Fayette	1,179	Graettinger	1,010
Manly	1,415	Central City	1,166	Preston	1,005
Kingsley	1,382	Palo	1,162	Rockwell	1,004
Avoca	1,375	Springville	1,160		
Earlham	1,367	George	1,149		
University Heights	1,353	Wayland	1,148		
Montezuma	1,335	St. Ansgar	1,140		
Elkader	1,326	Clarence	1,136		
Coon Rapids	1,324	Fredericksburg	1,133		
Clarksville	1,311	Fruitland	1,127		
Woodbine	1,286	Swisher	1,126		
Jewell Junction	1,284	Neola	1,125		
Alton	1,283	Afton	1,105		
Melcher-Dallas	1,278	Riverside	1,090		
Greene	1,267	Hamburg	1,087		
Malvern	1,264	Newhall	1,076		
Lone Tree	1,261	Treynor	1,071		
Dike	1,240	Villisca	1,071		
Conrad	1,234	Janesville	1,063		
Lake Park	1,223	Winfield	1,063		
Laurens	1,223	Griswold	1,056		
Sheffield	1,209	Lansing	1,053		
Tripoli	1,207	Sloan	1,051		
Marcus	1,200	Baxter	1,036		
Eddyville	1,187	Winthrop	1,035		
Gilbert	1,185	Sully	1,022		
New Sharon	1,183	Lawton	1,021		